

## Celebrity Buzz

SJP denies split from hubby  
pg 18



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HALIFAX • MONDAY, JANUARY 26, 2009

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## Entertainment

Penn wins SAG for Milk  
pg 16



## Man found dead in RCMP custody

**INVESTIGATION** A man died in RCMP custody over the weekend and Halifax Regional Police have been asked to investigate.

RCMP in Enfield were called to a residence on Highway 2 on Saturday night. They arrested a 28-year-old man for breaching a court order to stay away from the residence.

The man was co-operative with police and he was arrested without incident.

He was taken to the RCMP detachment where he was put into a cell to await a court appearance Monday.

But at 3:50 a.m. yesterday, he was unresponsive and staff couldn't revive him.

The RCMP major crime unit and Halifax police are investigating and an autopsy is scheduled for today.

RCMP did not release the man's name yesterday.

METRO HALIFAX

## Local pg 4

## Haligonians check their inhibitions

## Sports pg 12



## Rainmen wash away Stampede

## ShareYourViews

halifaxletters@metronews.ca



## 2009: Year of the Ox



Chinese Society of Nova Scotia lion dancers parade around the McNally Theatre Auditorium yesterday as part of the Year of the Ox party for Families with Children from China at Saint Mary's University. The Chinese New Year starts today.

## Happy New Year

# Bus strike averted

## Wheels keep spinning to school for students

PAUL MCLEOD  
paul.mcleod@metronews.ca

**Parents can breathe a sigh of relief now that school bus drivers have agreed on a new contract and will not go on strike.**

As late as Saturday afternoon, the union and its employer, Stock Transportation, were worlds apart, said Nova Scotia General Employees Union president Joan Jessome.

But after hours of negotiations, a deal was reached after 3 a.m. yesterday.

"(Union members) are shocked. They didn't believe that we would get what we got without a strike. They're very pleased," said Jessome.

**"(Union members) are shocked. They didn't believe we would get what we got without a strike. They're very pleased. They stuck together. They would have gone out if necessary, but they're very relieved they didn't have to."**

Joan Jessome, employees union president

"They stuck together. They would have gone out if necessary, but they're very relieved they didn't have to."

As of today, bus drivers' salaries will top out at \$15 per hour, up from the \$12.49 they made previously.

That extends retroactively to the summer when the last contract expired.

The deal also has other perks, like two extra days off per year.

The contract was accepted by 85 per cent of the 247 union members who voted.

The province and school board both issued statements of relief that a deal was reached before a strike.

Jessome said she thought Saturday that a

strike was inevitable, and the union had already been gearing up.

Stock Transportation's first offer would have moved wages over \$15 only at the end of the contract, with no retroaction. Jessome called that unacceptable. And while she said she's pleased with the new schedule, the union still isn't where it would like to be.

"Not everybody's happy," Jessome said. "There are things we didn't get and we're not where we'd like to be. But we are definitely going in the right direction."

The contract runs until June 2011 and includes 2.9 and 3.7 per cent wage increases in the second and third year, respectively.

## Tax cuts and training in Tory budget

**POLITICS** More than \$2 billion in training and support funds for those who lose their jobs will be announced in tomorrow's federal budget, along with hundreds of millions of dollars to create a new economic development agency for hard-hit southern Ontario.

Human Resources Minister Diane Finley outlined the spending in an interview with the Toronto Star as Prime Minister Stephen Harper hinted the budget would contain permanent tax cuts to put extra money in the pockets of middle-class Canadians.

Finley said the budget would contain \$1.5 billion in cash to provide training for laid-off workers who are eligible to collect employment insurance and for those who cannot access EI funds under current rules.

She admitted yesterday that a lot of Canadians are "unfortunately" going to lose their jobs before the economy bounces back.

Brushing aside budget secrecy traditions, the Conservatives continue to roll out the big-ticket items in tomorrow's budget on an item-by-item basis. And cabinet ministers are hinting at permanent tax cuts that will provide more cash for middle-class Canadians in hopes they will spend it on consumer goods to jump-start the desperately weak economy.

TORSTAR NEWS SERVICE  
MORE COVERAGE ON PGS 4, 6 & 9

Canada 2009

## Federal Budget





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**First visitor to Maritime Museum makes special anniversary return**

The first man to walk through the Maritime Museum of the Atlantic will be welcomed back on Thursday as part of the museum's 27th birthday celebration. Ralph Muench was 14 when he was first through the door on Jan. 22, 1982. **METRO HALIFAX**

# Local



## The need to read

Forget the federal budget, tomorrow is Family Literacy Day. Libraries kicked off the celebrations this weekend by trying to break a Guinness world record for the most children reading with an adult at one time. The record of 78,791 was set by the U.S. in 2006. **METRO HALIFAX**

## Gloade given 15 years in jail

**James Gloade, 25, sat in a packed courtroom Friday, forced to listen to the painful tales of family members impacted after he killed his grandmother, Nora Bernard, by slitting her throat.**

At times he rubbed his eyes and trembled, but for most of the lengthy provincial court hearing, he sat with his head cradled in his hands, eyes to the floor, before finally being sentenced to 15 years in prison.

"Knowing that one of mom's grandchildren went in there and caused her so much pain and damage is heart-wrenching to say the least," Janice Blenkhorn, Bernard's

youngest daughter, read from her victim impact statement.

"I felt sick to my stomach knowing that the lips that kissed him and all of her children, grandchildren and great-grandchildren were busted, and that the hands that held him and all of us were so damaged that they could not be crossed in her coffin to hold her prayer beads."

Bernard, 72, a native elder and activist, was slain in her home during the night of Dec. 27, 2007, by a drug-crazed Gloade who had stopped by to try to get money to supply his habit.

Gloade was described in court as a "defiant, dangerous and deadly" person

**"I apologize to my family and I am ashamed of what I did. I've got to live with it for the rest of my life."**

James Gloade

with a lengthy criminal record who continues to use drugs while in jail.

He was sexually abused as a young boy by members of his biological father's family, who also introduced him to drugs at about age 11.

Crown attorney Nigel Allan, who had called for a 20-year sentence, described the case as "the most extreme kind of manslaughter, falling just short of second-degree

murder."

Defence lawyer Stan MacDonald had suggested a 10-year sentence. He said his client is remorseful for the crime, keeps a picture of Bernard tucked away in his cell and prays to her for forgiveness.

"I apologize to my family and I am ashamed of what I did," Gloade told the court. "I've got to live with it for the rest of my life. I'm sorry."

**THE TRURO DAILY NEWS**

## Hospital tackles crowding crisis

JENNIFER TAPLIN

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### Emerg expansion

- ER expansion construction, which began in 2007, will be completed in May.
- Graham said it will give the ER the ability to double the number of beds during emergencies.

Patient overcrowding in the Queen Elizabeth II Health Sciences Centre's emergency room reached crisis levels last week, and administration is trying to figure out what to do.

Health Minister Karen Casey met with Chris Power, CEO of the Capital District Health Authority, on Friday.

Earlier last week, the director of the ER at the QEII pulled a code orange, which is normally used for a disaster like a plane crash.

The alarm marked the first time a code orange was used to deal with an internal problem of too many patients in the ER.

Peter Graham, spokesman for Capital District Health Authority, said Power promised to give Casey daily reports on bed capacity and patient levels.

"One of the things that came out of the discussion

was what are the protocols that are available to all staff to access additional resources and support before we get to a crisis level like a code orange."

January and February are typically the busiest months for ERs, with so many cases of slip-and-falls, pneumonia and the flu.

Graham said in an interview yesterday said they were already working on new overcrowding procedures when the code orange was activated on Tuesday.

A new policy directing other units in the hospital to help out will be available on Feb. 1.

## Ticket issued after mother, children hit at a crosswalk

**TRAFFIC** A Dartmouth man was recently ticketed for hitting two small children and a woman in a crosswalk on Jan. 16.

The trio was hit just before 2:30 p.m. by a minivan that was turning left on to Victoria Road from Primrose Street. A four-year-old girl was taken to the IWK children's hospital with significant injuries to her lower body. The four-year-old boy and the woman had less severe injuries.

Police issued a ticket on Friday to the driver, a 47-year-old man, for failing to yield to a pedestrian in a crosswalk. **METRO HALIFAX**

## Olympics Victory dance



Olympic gold-medal winner Mark Tewksbury jumps in excitement while re-enacting his 1992 100-metre swimming win in front of a crowd yesterday. Tewksbury was in town to speak at the Optimyz Live – Health and Fitness Lifestyle Show at the World Trade and Convention Centre.

## Community rallies around Coastal Discovery Centre

**MAIN-A-DIEU** More than 50 residents attended an emergency meeting at the Coastal Discovery Centre to hear details of what organizers called a "rescue plan" to save the facility.

The Main-a-Dieu Community Development Association, which operates the centre, has had to reconsider its long-term development strategy after its anchor tenant, the Main-a-

Dieu Credit Union, closed unexpectedly last May.

The rescue plan is a model for social development rather than business development."

**METRO NEWS SERVICES**

### News in brief

**THEFT** A man robbed the Petro-Canada on Quinpool Road on Saturday. Just after 6:30 a.m., a man walked in and said he had a handgun, but didn't show it. He left with a small amount of cash and some merchandise. The suspect is a 6-0 black man in

his 20s. He wore a black parka.

**TRAFFICKING** Police found marijuana and scales in a car when they stopped it in Spryfield on Friday night. An adult woman and two male youths are facing trafficking charges. The two boys are also facing

probation breaches.

**DRUGS** A 23-year-old man is facing drug-trafficking charges. Police arrested Jason Fudge at a Bedford highway bar last week. He faces charges of trafficking cocaine and possessing ecstasy. **METRO HALIFAX**

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WHAT'S ONLINE TODAY

**Comment** What could a \$34-billion deficit buy at [metronews.ca/canada](http://metronews.ca/canada)  
**Crime** RCMP "Mr. Big" sting operations come under fire at [metronews.ca/canada](http://metronews.ca/canada)  
**Global Style** columnist Kenya Hunt launches her new blog at [metronews.ca/canada](http://metronews.ca/canada)



### Lotteries

Friday, Jan. 23

Lotto Super 7: 3, 4, 1, 22, 28, 34 & 37 Bonus 21

Saturday, Jan. 24

Lotto 6/49: 9, 13, 20, 29, 35, 46 Bonus 5

These results are not official.

## Rainmen Face in the Crowd



If that's you wearing the blue shirt and sporting the 'stache at the Rainmen game, you're our Face in the Crowd winner! Drop by the Metro office at 3260 Barrington St. to pick up your prize: A Rainmen Flex Pack.



Halifax West MP Geoff Regan was appointed the Natural Resources critic in the Liberal shadow cabinet on Friday. He said he plans to focus on the development of renewable energy sources such as tidal, wind and solar power. **METRO HALIFAX**

# Check your inhibitions

Everything To Do With Sex featured at Cunard Centre

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**As Lady Viktoria dragged a fork across her bound and blindfolded husband's chest, his yelps of surprise made the crowd chuckle.**

"I'm just trying to get your nipples erect, hon," smirked Viktoria, as the audience hooted with laughter.

Clearly this ain't your grandmother's sex convention.

Lady Viktoria's Pervy Play Time seminar showed spectators just how much fun they could have with everyday household items. It was just one of the features this weekend at the Cunard Centre's successful Everything To Do With Sex Show.

It seems Haligonians love their sex, as massive crowds filled the weekend-long convention.

"It's been overwhelming how many people have been attending the show. All different ranges of ages, all walks of life," said Rachel Dodds, who runs the company Sexy Girl.

It seems inhibitions were checked at the door, as crowds filled Dodds' seminars with names like Unleash Your Inner Fellatio Goddess. The Sexy Girl



Sex educator Viktoria Kalenteris, a.k.a. Lady Viktoria, shows her husband some fork love yesterday onstage at the Everything To Do With Sex Show at the Cunard Centre.

**"It's been overwhelming how many people have been attending the show. All different ranges of ages, all different walks of life."**

Rachel Dodds

booth even sold out of tushie cleanses — whatever those are.

"The kind of people who have been coming into our booth and the products they have been purchasing, you would never put them together," said Dodds. "Ever."

Other booths ranged from fancy glass sex toys to

nude body painting, and from lingerie to instruction on how to properly whip and spank your partner.

Given this, the environment was surprisingly relaxed.

"The people are awesome. Everybody's so much more outspoken about sex," said Tricia Morde, who spent the week-

end modelling lingerie.

Her fellow model Corinne Coleman-Milley said she loved seeing so many normal people being open about their sexuality. It made strutting around in lingerie easier.

"I walk around in less at the beach, so it's not really a thing. And everybody's here to see that sort of stuff, so it's not anything to feel uncomfortable about," she said.

For those who missed it, there'll be the second annual Everything To Do With Sex Show next year.

## Tax cuts, industry aid to feature in budget: MacKay

RACHEL BOOMER  
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Canada 2009

**Federal Budget**

Tomorrow's federal budget will bring tax cuts and lots of construction, along with shots in the arm for ailing sectors like auto and forestry, says ACOA Minister Peter MacKay.

The recession has forced the Harper Tories to open up the treasury, and MacKay told reporters Friday there'll be a heavy emphasis on construction.

"It's obviously intended to as quickly and effectively as possible stimulate the

**"It's designed in a way that will have the maximum effect in the shortest amount of time."**

Peter MacKay

economy. It will, by necessity, involve a lot of emphasis on infrastructure ... the type of projects that are very much needed," MacKay said.

"It's designed in a way that will have the maximum effect in the shortest amount of time, given the seriousness of this economic crisis."

MacKay said there will also be money for hard-hit areas such as Ontario, where manufacturing and the decline of the auto sector have pushed the province into have-not status.

MacKay was in Halifax on Friday to hand out \$12.5 million in ACOA research money for six Nova Scotia companies.

Sydney's Keata Pharma will use \$3 million over the next three years to use galanthamine, a compound found in daffodil leaves, to produce a cheaper drug that helps delay the onset of Alzheimer's.

Halifax's Genome Atlantic is getting \$3 million over four years to work on new techniques for preventing farmed cod from maturing too quickly, a

project aimed at helping the cod industry recover.

Helly Hansen, in Dartmouth, is working on a new type of

cold-water survival suit for the offshore industry. It'll get \$1 million over three years.

Amherst's C-Vision got \$3 million over two years to work on solar-powered streetlights and other green streetlight projects.

Dalhousie University got \$1.1 million over five years to develop new acoustic tools for shoreline protection and navigation channels.

Finally, Oxford Frozen Foods, which is developing new ways to cut the costs and raise the yields of their wild blueberry fields, got \$1.4 million over five years.

## Hands-on parenting essential: Expert

SKANA GEE  
for Metro Halifax



Nurture. Structure. Latitude. Those are the key ingredients for raising a kid who will be a good learner, worker, citizen, spouse and friend, a leading parenting expert told a forum in Halifax last week.

"There is about a half-century now of research that shows the things that are really essential," psychologist Robert Evans told a crowd of several hundred that gathered for his spirited talk at Saint Mary's University.

He said nurturing — unconditional love and parental attention — is problematic these days be-

cause "you actually have to be with the child."

In a modern world where France's justice minister returns to work just five days after giving birth, "people who love their children and want the best for them are trying to raise them in a hurry."

Speaking about what he called the myth of quality time, Evans said good parenting is labour-intensive, requiring huge amounts of "mind-numbing tedium."

He also said the teachers he speaks to these days often talk about students who "assume everything is negotiable" because that's the situation in their homes. That's where structure — enforced rules around behaviour and ex-

**"We have more and more parents who want to prepare a path for their child instead of preparing their child for the path."**

Robert Evans

pectations — comes in, which is "profoundly comforting" to kids.

Meanwhile, enough latitude to learn from mistakes and hone problem-solving skills is imperative if kids are to succeed, said Evans, whose latest book is Family Matters: How Schools Can Cope with the Crisis in Childrearing.

"We have more and more parents who want to prepare a path for their child instead of preparing their child for the path," he said.

Evans, who is executive director of the Human Relations Service in the U.S. and a former high school and pre-school teacher, was brought to Halifax by local members of the Atlantic Conference of Independent Schools.

He stressed that each person must tailor his or her parenting approach, but that nurture, structure and latitude must form the foundation.

They build what Evans calls the three Cs: Character, caring and competence.



ACOA and National Defence Minister Peter MacKay speaks to reporters Friday. MacKay was in Halifax to hand out \$12.5 million in research money to six Nova Scotia companies.

### News in brief

**FIRE** After a week of investigating a fire at the Paint Recycling Co. in Springhill, authorities have determined the fire was accidental. Evidence of the Paint Recycling Co.'s drive to rise from the ashes of the fire

that affected a quarter of the building could be seen from Main Street yesterday, with pallets of paint and equipment being moved outside by forklift. The company employs 13 people.

**PETROLEUM** The Canada-Nova Scotia Offshore Petroleum Board has announced the appointment of Stuart Pinks as CEO. Pinks is a senior regulatory and operations executive who has served as manager of

health, safety and environment, and chief safety officer with the Canada-Nova Scotia Offshore Petroleum Board since joining the organization in 2002.

METRO NEWS SERVICES





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**Turnout too low for compensation vote**  
A referendum on a proposed agreement that would have compensated members of Manitoba's Peguis First Nation for land it surrendered a century ago has failed to draw enough voters to make the results count. There were more than 4,000 eligible voters, but fewer than 1,500 cast ballots. **CBC NEWS ONLINE**

# Canada



## Back-to-work order quashed

Ontario's New Democrats have stalled the provincial government's bid to legislate an end to the York University strike. NDP Leader Howard Hampton, left, said he was against forcing an end to the 11-week-old labour dispute. The back-to-work legislation tabled yesterday could have ended the strike at Canada's third largest university, but the NDP's eight members voted against early passage. **CBC NEWS ONLINE**

Canada 2009

### Federal Budget

#### Upcoming Coverage Tuesday

- What provinces are asking for
- Lawrence Martin on what to expect
- Charles Davies on securities regulators

#### Wednesday

- The breakdown on who gets what
- Reaction from the Opposition coalition
- Profiles on locally affected families



# Harper a changed man

**From the Senate to fixed-date elections and government appointments, Prime Minister Stephen Harper has seen his political principles tested and turned on their head in recent months.**

Tomorrow, Harper will put a price tag on that political journey — as much as \$34 billion — as the minority Conservatives unveil a budget that will spill red ink on a scale not seen in more than a decade.

This from a prime minister who just months ago vowed there would be no deficit.

"We will not be running a deficit. We will keep our spending within our means. It is that simple."

**"We will not be running a deficit. We will keep our spending within our means."**

Stephen Harper, on Oct. 7

Canada 2009

### Federal Budget

The alternative is not a plan. It is just the consequence of complete panic, and this government will not panic at a time of uncertainty," Harper told a Toronto audience on Oct. 7.

Times change quickly and, with them, the politicians who rule.

The story of Harper these past few months —

as he grapples with a minority Parliament and a fast-changing economic downturn — has been one of political principles meeting reality and, in the minds of some, principles sacrificed for political expediency.

"He's turned his back on so many things. He said he would never appoint senators the way he did. Sure enough, he broke that promise. Election dates, appointing Supreme Court justices, the list is pretty long,"

NDP Leader Jack Layton told CTV's Question Period.

In case of the deficit, Harper has a good excuse for breaking his word — an "extraordinary" economic crisis, a Conservative strategist said.

"Opposition is utopia. Government is messy. It's constantly a question of scorekeeping as to what you have to trade off to accomplish whatever your overall goal is."

There are some who don't buy Harper's conversion to pragmatism, but instead accuse him of losing his way and being willing to sacrifice his principles to stay in power.

"Absolutely, he has

abandoned his principles ... I don't even recognize this person who is the prime minister of Canada," said Gerry Nicholls, who worked with Harper at the National Citizens Coalition.

Harper is a one-time head of the coalition, a non-partisan organization for the "defence and promotion of free enterprise, free speech" and accountable government. "He was a principled small-c conservative who believed that ... conservative politicians should stick by their principles," Nicholls said. "I think he began to care more about public-opinion polls than his principles." **TORSTAR NEWS SERVICE**

## Avian flu confirmed at B.C. poultry farm

**HEALTH** The cull of about 60,000 turkeys will begin today or tomorrow following an outbreak of bird flu at a farm in Abbotsford, B.C.

The Canadian Food Inspection Agency (CFIA) confirmed Saturday the presence of H5 avian influenza at E&H Farms.

"Tests to date indicate

that the strain of (avian influenza) in this case is low pathogenic," the CFIA said in a release.

"Further testing is underway to confirm pathogenicity and to determine the precise subtype and strain of the virus."

Avian influenza viruses rarely affect humans and if

poultry is properly handled and cooked, does not pose a risk to food safety.

Poultry owners in the area have been asked to employ biosecurity measures and monitor their flocks, immediately reporting any sick or dead birds.

**JEFF HODSON/METRO CANADA**

## Chrétien Co-operating on competitiveness



Former prime minister Jean Chrétien, left, and Saudi Arabia's Minister of Finance Ibrahim al-Assaf attend the third Global Competitiveness Forum in Riyadh, Saudi Arabia, yesterday. The forum brings together roughly 1,500 delegates from all over the globe with the intent to prepare advice to present to the G20 when that group meets in April.

## Flaherty urged to think green

Canada 2009

### Federal Budget

**ENVIRONMENT** Calls for Finance Minister Jim Flaherty to keep the environment top of mind when crafting the stimulus plan, the highlight of tomorrow's federal budget, have been loud and persistent.

Economists, former prime ministers, opposition parties and activists are all urging billions of dollars to retune the Canadian econo-

my for a low-carbon future with green cars, power, buildings and bonds.

But their hope for a greener country is up against a powerful edict that has gripped the capital. Busy bureaucrats are said to be slipping through the snowy streets of Ottawa muttering about the "shovel-ready" projects competing for upwards of \$20 billion of federal funds in the hope the ventures will pull Canada out of its financial funk.

**TORSTAR NEWS SERVICE**

### News in brief

**TRANSIT** The union representing Ottawa transit workers said it will meet with city officials to resume negotiations today, the same day thousands are expected to rally on Parliament Hill for an end to the longest bus strike in the history of the nation's capital, CBC News Online reports. The 2,300 workers have been on strike since Dec. 10.

**QUEBEC** An officer with Quebec provincial police is suing the force for \$5.4 million, alleging it failed to protect him from racial harassment.

**METRO NEWS SERVICES**

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The Best Halifax has to Offer



**Avalanche claims 10 lives in Turkey**

An avalanche that swept down a mountain near a small winter resort killed 10 climbers in northeast Turkey yesterday, but seven of their companions survived the crush, a government minister said. Rescue teams worked through the afternoon to retrieve survivors and bodies. **REUTERS**

7

# World



## Bruni denies role in extradition call

French first lady Carla Bruni, left, went on Italian TV yesterday to deny reports she had persuaded Brazil not to extradite an Italian guerrilla, after criticism in her homeland last year for supporting a guerrilla exiled in France. Italian-born singer and former model Bruni, who married French President Nicolas Sarkozy a year ago, told a television show she was "very surprised the Italian media should think I played such a role". **REUTERS**

## France, Spain try to recover from storm

**DAMAGE** European countries sent teams of electricians to France yesterday and Spain deployed extra troops to help deal with the aftermath of a storm that killed 15 people in southwest France and northern Spain.

With Saturday's winds of up to 190 kilometres an hour gone, the sun rose over a chaotic landscape of fallen trees and pylons, destroyed roofs, crushed cars and scattered debris.

More than 1,000 French electricians struggled to restore power to 1.1 million homes. **REUTERS**

## Sri Lanka claims last Tamil town

**REBELS** Sri Lankan soldiers captured the last major town held by Tamil Tiger separatists yesterday, moving a step closer to finishing off one of Asia's longest-running insurgencies, the army said.

The eastern port of Mullaitivu is one of the final targets of a military onslaught to end a 25-year war with the Liberation Tigers of Tamil Eelam rebels. The army had not set foot inside it since the Tigers seized it in 1996. **REUTERS**

## News in brief

**VIETNAM** At least 40 people drowned when a ferry sank in central Vietnam yesterday, police said. Most of the dead were women and children on their way to a market at the start of the week-long Lunar New Year festival, a police officer said.

**DOWRY** Nepal's beleaguered Maoist Prime Minister Prachanda vowed yesterday to ban the dowry system and criminalize untouchability. Many high caste Hindus in the remote villages still do not allow those considered to be lowest in the caste system to collect water from the same source or allow them to worship at temples.

**VOTE** Bolivian voters backed a new constitution yesterday, allowing leftist President Evo Morales to run for re-election and tighten his grip on the economy, and giving the poor indigenous majority more power. **REUTERS**

# Israel vows to protect soldiers

## Olmert says military will be protected from war-crimes accusations

**International calls to investigate Israel over alleged war crimes in the Gaza Strip prompted Prime Minister Ehud Olmert yesterday to promise military personnel state protection from foreign prosecution.**

"The commanders and soldiers sent to Gaza should know they are safe from various tribunals and Israel will assist them on this front and defend them, just as they protected us with their bodies during the Gaza operation," Olmert said.

Last week, the military censor ordered local and foreign media in Israel not

## Proposed truce terms

- Israel has proposed to Egyptian mediators an 18-month ceasefire with Hamas, but the group that controls Gaza said it wants a one-year ceasefire, a Hamas official said yesterday.

to publish names of army commanders in the Gaza war and to blur their faces in photos and video for fear they could be identified and arrested while travelling abroad.

Israeli media reports said the military had been advising its top brass to think twice about visiting Europe.

- Hamas proposed to Egyptian mediators that European and Turkish monitors be present at the border crossings, but rejected the presence of Israeli monitors.

Speaking at a weekly cabinet meeting, Olmert said Israel's justice minister would consult the country's top legal experts and find "answers to possible questions relating to the Israeli military's activities" during the 22-day war.

Some 1,300 Palestinians, including at least 700 civil-

ians, were killed, medical officials said, in the offensive Israel launched in the Hamas-ruled Gaza Strip with the declared aim of ending cross-border rocket attacks.

The civilian deaths sparked public outcry abroad and prompted senior UN officials to demand independent investigations into whether Israel committed war crimes.

Ten Israeli soldiers and three civilians, hit by rocket salvos, were killed in the conflict.

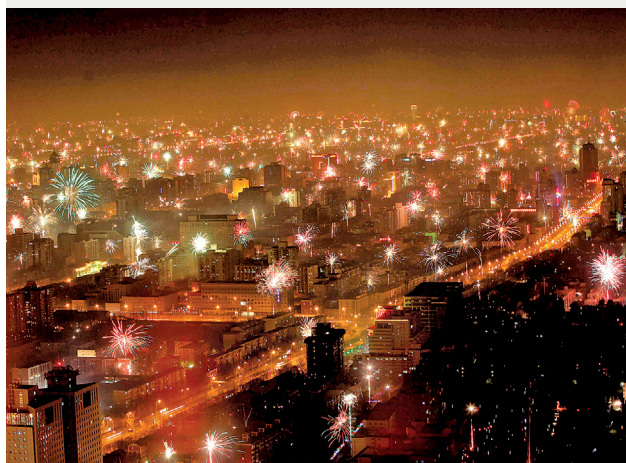
Israel said hundreds of militants were among the Palestinian dead and that it tried its best to avoid

civilian casualties in densely populated areas where gunmen operated.

Rights group Amnesty International has said that Israel's use of white phosphorus munitions — which can cause extreme burns — in built-up areas of the Gaza Strip was indiscriminate and therefore constituted a war crime.

Israel has said it used all weapons in Gaza within the limits of international law. Its military, however, has opened an investigation into white phosphorus use during the conflict. **REUTERS**

## China Happy New Year



Fireworks illuminate the skyline of Beijing during the Chinese New Year celebrations yesterday. Hundreds of millions of Chinese geared up to welcome the Year of the Ox, packing temple fairs and setting off fireworks and firecrackers. **REINHARD KRAUSE/REUTERS**

## Obama plans to ban weapons in space

**POLICY** U.S. President Barack Obama's pledge to seek a worldwide ban on weapons in space marks a dramatic shift in policy, while posing the tricky issue of defining whether a satellite can be a weapon.

Moments after Obama's inauguration last week, the White House website was updated to include policy statements on a range of issues, including a pledge to restore U.S. leadership on space issues and seek a worldwide ban

on weapons that interfere with military and commercial satellites.

It also promised to look at threats to U.S. satellites, contingency plans to keep information flowing from them, and what steps are needed to protect spacecraft against attack.

The issue is being closely watched by Lockheed Martin Corp., Boeing Co., and Northrop Grumman Corp., the biggest U.S. defence contractors. **REUTERS**



Barack Obama

## Nova Scotia Health

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This year, there will be a reduction in the co-payment per prescription to 30% of the cost of each prescription, effective April 1. The annual maximum premium (\$424) and annual maximum co-payment (\$382) will not increase.

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To learn more about the program, or to update your information, please call toll-free at 1-800-544-6191 or visit our website at [www.nspharmacare.ca](http://www.nspharmacare.ca)

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# Comment & Views

## Comment

### First-day commandments

HineSight

Anne Hines



Besides working as a writer, I've spent the last eight years studying to become a United Church minister. I go to school part-time. I've said that my goal is "to try to graduate while there is still religion."

Frankly, some days, this seems a little touch and go.

Lately, the number of members in my church has been dropping faster than a Nortel-based RRSP. In fact, friends have suggested I consider a career with a brighter future. Perhaps as a typewriter salesperson or a small screen TV repairman.

But I've always been someone who follows her heart. Even when everyone's insisting its GPS must be on the blink.

As part of my studies, I'll spend the next eight months working at an inner-city church and a mental-health institution.

To prepare for my first day, I boned up on "tips for starting a new job."

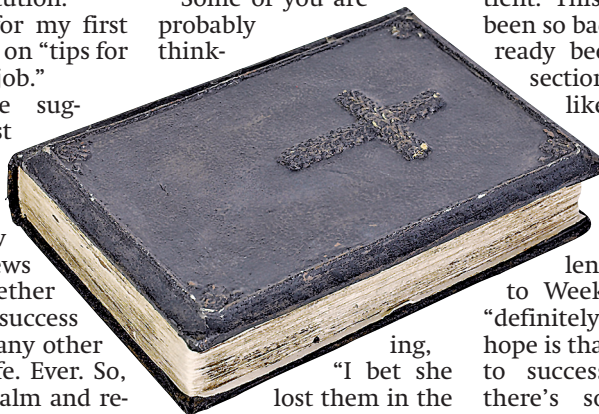
One website suggested, "First impressions are all-important. They determine how everyone views you and whether you'll achieve success in your job or any other part of your life. Ever. So, be sure to be calm and relaxed." This was not necessarily helpful.

Nor was, "Try to show you fit in." In the past, my efforts to fit in have led me to join an office lawn bowling team, drink tree bark-

flavoured coffee and agree that Tiffany is the most underrated artist of our time.

The first-day strategy I adopted was "setting the bar low." At the church, I was issued keys and cautioned never to misplace them.

Some of you are probably thinking,



"I bet she lost them in the first 10 minutes." Well, you're wrong. It only took five. For the next half hour, the entire staff searched for the keys that, fortunately, we found. Unfortunately, where we

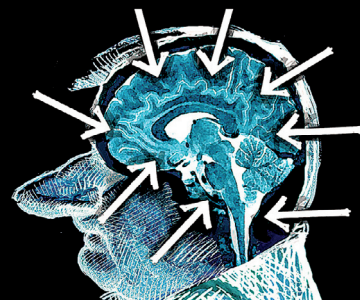
found them was in my jeans pocket.

Things didn't go smoothly at the mental-health institution either. Partway through the orientation questionnaire, the administrator realized I was there as staff, not as a patient. This wouldn't have been so bad except we'd already been through the sections on "issues I'd like to work on while here" and "preferred medications."

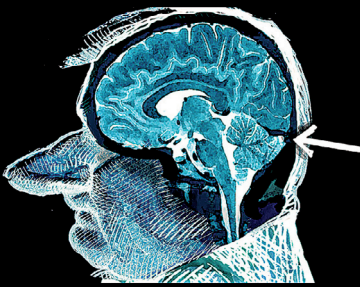
Am I up to this new challenge? As I head into Week 2, I'm saying "definitely maybe." What I hope is that when it comes to success on the job, there's something even more important than first impressions. Second, third and fourth ones.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

## THE PART OF STEPHEN HARPER'S BRAIN THAT CULTIVATES BULLYING:



## THE PART OF STEPHEN HARPER'S BRAIN THAT CULTIVATES COOPERATION:



MICHAEL DE ADLER

## Worth mentioning

### Nigerian police holding goat for attempted theft

Police in Nigeria are holding a goat on suspicion of attempted armed robbery. Vigilantes took the black and white beast to the police saying it was an armed robber who had used black magic to transform himself into a goat to escape arrest after trying to steal a Mazda 323.

"The group of vigilante men came to report that while they were on patrol, they saw some hoodlums attempting to rob a car. They pursued them. However,

one of them escaped while the other turned into a goat," Kwara state police spokesman Tunde Mohammed said.

"We cannot confirm it was the story, but the goat is in our custody. We cannot base our information on something mystical. It is something that has to be proved scientifically, that a human being turned into a goat," he said.

The goat remains in custody. REUTERS

## Quote of the Day

**"On Tuesday, we'll all see whether the prime minister has learned to listen. If he hasn't learned to listen, he's not going to lead for long."**

— Liberal Leader Michael Ignatieff

TORSTAR NEWS SERVICE

## Views

### Halifax can learn from Barack Obama

UrbanScrawl

Christina Biluk

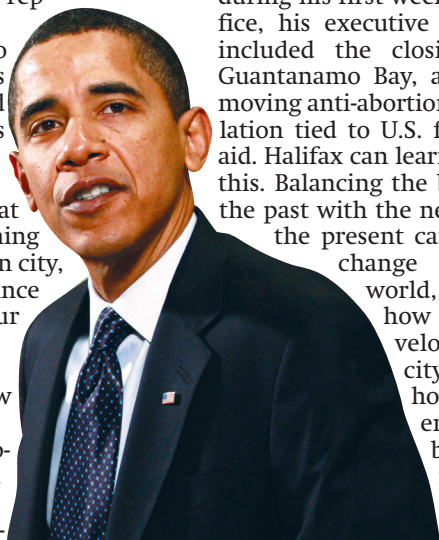
theurbanscrawl@gmail.com

The U.S. president sets the tone for the public. His actions are magnified with everything he does (or doesn't) do. As President Barack Obama took his oath of office last week, we eagerly awaited his inaugural address — his vision of hope, his direction for the future. And while Obama isn't the leader of our country, we can still learn from him.

Lesson 1: Transparency. President Obama committed to creating the most open and accessible administration in U.S. history. He's using technology to connect with the public

— from weekly video addresses and the first White House blog, to public reviews of legislation and e-mail updates. He's also allowing the public to e-mail questions, concerns, comments and well-wishes. Obama has set the bar. Let's encourage our own political representatives to follow his lead, and let us know more about what is happening in our own city, our province and our country.

Lesson 2: Follow tradition, when appropriate. Obama paid hom-



age to his presidential predecessors on his Whistle stop tour to the White House. He acknowledges that there are great lessons to be learned by those that have travelled the road before us, but also notes that it's OK to initiate change. And change things, he did; during his first week in office, his executive orders included the closing of Guantanamo Bay, and removing anti-abortion legislation tied to U.S. foreign aid. Halifax can learn from this. Balancing the best of the past with the needs of the present can help

change our world, from how we develop our city to how we embrace multiculturalism.

Lesson 3: The importance of family. I am captivated by how Obama seems just like a guy you might meet on your street. He volunteers in the community, drives his daughters to school and is helping pick out the family pet. As Illinois senator, he spent time with everyday people in the cities and towns that he represented, not just those that had money, power and influence.

As he continues to find ways to connect with the people, so should we.

How you might follow his lead is up to you. But his inspiration and motivation hold no boundaries. His inauguration can be a fresh start for everyone, even those living outside the United States.

Christina Biluk is director of engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city.

It's your turn to tell others what you think. E-mail your thoughts and opinions to: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Dior feels downturn**

Paris fashion week attendees note that Christian Dior and other labels have cut on expenses such as champagne, models and parties to save money as sales drop. **REUTERS**

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# Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## 'Big and bold is best'

**With the Canadian government having already leaked deficit figures ahead of tomorrow's budget, investors are now focused on the specific measures that could boost sectors as diverse as construction and banking.**

They will also be seeking confirmation that a country that until recently prided itself on fiscal prudence now sees the pressing need to borrow heavily in order to boost growth.

"Big and bold is best," said Ian Nakamoto, director of research at MacDougall, MacDougall & MacTier. "It cannot be timid in this environment.

Canada 2009

### Federal Budget

You've got to throw everything you've got at it."

Analysts have speculated that the specific measures could range from regulatory changes that would let Ottawa inject equity into banks, to infrastructure spending that would boost construction and engineering firms like SNC-Lavalin Group Inc.

Financial stocks such as Royal Bank of Canada, Toronto-Dominion Bank and Bank of Nova Scotia, whose fortunes are closely

tied to the broader economy, are seen as one of the best investment plays if better times beckon.

Meanwhile, government bond prices may come under some pressure from renewed deficits, though market watchers noted that Canada would not have the huge surge in supply seen in the U.S.

In currency markets, market players say a strong stimulus package could be a near-term positive for the Canadian dollar, as the boost it provides may help the Bank of Canada maintain the current positive spread to U.S. interest rates. **REUTERS**

## Chinese New Year Fair festivities



A woman wears an ice princess costume during a parade at an amusement park in Beijing yesterday. Chinese people troop to temple fairs and parks to celebrate the Lunar New Year of Ox, which starts today.

## Currency juking untrue: China

**CURRENCY** Criticism that China is manipulating its currency is a misinterpretation of the financial crisis, unfair and being used as an excuse for trade protectionism, a Chinese official said of recent comments made by U.S. Treasury Secretary-designate Timothy Geithner. **REUTERS**

## The DAILY BUSINESS BUZZ

### Moving downtown:

Year-end results for downtown Halifax's office vacancy rate has hit a 20-year low, at 2.9 per cent. That's down from 4.0 posted at third quarter, and down from 6.1 posted one year ago.

### Maritime price drops:

In New Brunswick, average prices in December 2008 were 0.6 per cent lower than a year earlier. In Nova Scotia, the 12-month decline was 0.2 per cent. Major contributors include a drop in gasoline prices, fuel oil and other fuels.

### Call-centre investment:

Nova Scotia's government will chip in \$1.2 million to the \$6-million New Waterford call centre upgrade for Spiegel Brands, an online and catalogue retailer.

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**DAILY BUSINESS BUZZ**  
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## Business in brief

**ECONOMY** The International Monetary Fund will cut its 2009 global growth forecast again, this time to between one and 1.5 per cent. Its last forecast, made in November, was for growth of 2.2 per cent.

**AUTOS** German car dealers are reporting a brisk upturn in sales, thanks to government-is-

sued vouchers of 2,500 euros for all new car buyers who scrap cars that are at least nine years old. Auto sales could surpass three million in 2009.

**RESIGNATION** Iceland's commerce minister has quit, calling into question the government's ability to rule amid economic collapse. **REUTERS**



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# Going Green

## Preview before printing

Save paper by using the print preview function to see if you can minimize font size or layout to cut down the number of pages that will be printed, according to Greenology: How to Live Well, Be Green and Make a Difference by Tanya Ha.

METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

# Building for a greener future

## EarthTones

**Sophia Dore & Andrew Laursen**



earthtones.metro@gmail.com

Hello Metro readers. After a brief hiatus we, Earth Tones, are back.

Since we last spoke, many things have happened in the world. Most immediately relevant to most of us is the bottom has fallen out of the world economy. So, these days companies are worried about staying in business, not trading carbon credits,

and individuals are worried about keeping their jobs and paying their mortgages, not about whether to buy a Smart Car or a Prius.

A year ago, the environment was consistently among the top-three priorities for Canadians in opinion polls. These days, it doesn't even crack the top five. Is the environment still relevant in today's political and economic climate? Why should we take time away from worrying about our bank balances to worry about the Earth's balance?

First of all, we need to remember the things that were making headlines six months ago, before the headlines became dominated by who was bailing

**"We need to decide whether the environment is a luxury that we consider only in times of plenty, or whether it is our lifeline that we need to sustain at all times."**

out whom and how much stock prices have fallen, are still happening now. They have just been eclipsed by things that may seem more immediately urgent.

Polar ice is still melting, CO2 levels are still rising. These things don't stop because humans have dug themselves a financial hole. Although worldwide manufacturing has slowed, carbon emissions have not been reduced to a level that makes a difference to global warming. We need to decide

whether the environment is a luxury that we consider only in times of plenty, or whether it is our lifeline that we need to sustain at all times.

We also need to remember that our economy is "in transition." The benchmark for economic "downturns" is, of course, the Great Depression. During the Depression, many world leaders used deficit spending to finance huge infrastructure projects that laid the foundation for the modern economy.

"Spending one's way out of a recession" and running large budget deficits is controversial these days after the balanced budgets of the more prosperous years. However, in the past this has produced needed jobs and created infrastructure that transformed the economy.

We have before us an opportunity. The economic stimulus that we so urgently need can be used to lay a new infrastructure for a greener future. Massive investments in public transit can be made. New light-rail and bus systems can be integrated with existing systems so that in the future cars are simply not a necessity of day-to-day life the way they are today.

Similarly, the government plans to invest in industry, which will create jobs and confidence. Special consideration must be given to industries that will be environmentally sustainable and that will continue to support the economy into the future when oil is not readily available and carbon emissions are more strictly controlled.

So, as we adjust to the new reality let us hope that we can grow and change during these difficult times and emerge with an infrastructure that can carry us into a sustainable future.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University.

top singles search

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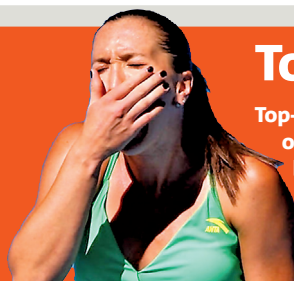
## Canadian sixth at slalom

Julien Lizeroux edged Jean-Baptiste Grange in a French 1-2 finish yesterday at a men's World Cup slalom.

John Kucera of Calgary had two strong slalom runs to vault to sixth place in the combined event. **METRO NEWS SERVICES**

# Sports

JOHN.CHICK@METRONEWS.CA



## Top seed Jankovic out

Top-seeded Jelena Jankovic of Serbia, left, was knocked out of the Australian Open yesterday, beaten in straight sets by Marion Bartoli of France. On the men's side, Roger Federer survived a scare, coming back from two sets down against Tomas Berdych to reach the quarter-finals.

METRO NEWS SERVICES

## Two girls and one common dream

MARTY YORK

marty.york@metronews.ca



### They live in different worlds, speak different languages and play different sports.

Yet it's uncanny that Japan's Eri Yoshida and Canada's Brigitte Lacquette have so much in common.

Both are 16, both are dominating male opponents and both are attracting excessive attention because of their abilities and potential.

Yoshida is blowing away batters with a remarkable sidearm knuckleball that recently landed her a professional contract in an all-male Japanese baseball league. She's being viewed in Japan as a pioneer and a symbol of the changing status of women in her country.

Lacquette is astonishing scouts by thoroughly outplaying male opponents in the Western Manitoba AA Midget Hockey League. She is her league's top talent. She was the youngest player at the recent World Under-18 women's hockey championship in Germany

and was chosen best defenceman.

"Several scouts have told me that, if Brigitte continues in the direction she's going, she'll be the greatest female hockey player in Canadian history," said Scott Taylor, sports editor of Grass Roots News, Mani-



Eri Yoshida signed a professional contract with a Japanese baseball team.

toba's aboriginal newspaper. "She's one of the few players I've seen who can do everything all game with her head up. She's so fast that she flies by opponents. And she's a great playmaker."

Brigitte lives in Mallard, Man. "We're nowhere,"

said her father, Terrence, a Métis who has lived in Mallard his entire life. "Our community has about 80 adults, 40 kids, 20 dogs and 15 cats."

Still, dozens of universities — including Cornell, Providence, Minnesota and North Dakota — have found her and are bombarding her with expressions of interest.

Brigitte, though, stands at only 5-5, so, barring a serious growth spurt, don't expect her to break the NHL's sex barrier.

Yoshida, though, has a serious chance to advance to MLB. She's only 5-0 but knuckleballers don't need size or strength. They need only to fool batters. Yoshida recently left a line of nine veteran male batters hitless and baseball types think she could seriously perfect her pitch to major league calibre.

"She can pitch," said Yoshihiro Nakada, her manager in the Kansai Independent League. "The media attention we get from her is most welcome, but that's not why she is on our team. She's with us because she's an excellent



Brigitte Lacquette, left, with a friend, was named top blueliner at the world under-18 women's hockey championship.

pitcher."

Yoshida started pitching in Grade 2, after her father showed her a video of Boston Red Sox knuckleballer Tim Wakefield.

"I'm honoured that she patterned herself after me," Wakefield was quoted as saying recently. "I've heard great things about her. Apparently, she's amazing. I wish her the best of luck. Maybe I can learn something from her eventually. Nothing surprises me any

more, so I wouldn't be surprised if she follows in the footsteps of other Japanese pitchers and winds up in the big leagues some day."

"The world is progressing," said Machiko Osawa, a professor at Japan Women's University. "The United States has an African-American president and Eri Yoshida has been accepted in the conservative world of sports."

"These are historical times."

### Sports in brief

**SPEED SKATING** Canadian Denny Morrison won the 1,000 metres in a long-track speedskating World Cup yesterday, while his main competitor, Shani Davis of the U.S., placed a distant fourth. Christine Nesbitt added two bronzes in the event.

METRO NEWS SERVICES

**SOCCER** David Beckham netted his first Serie A goal and Kaka scored twice after a difficult week to give third-placed AC Milan a 4-1 comeback win at Bologna. Kaka, whose world-record move to Manchester City collapsed last Monday, converted a penalty and fired in a superb strike before Beckham wrapped things up with a near-post finish.



David Beckham

REUTERS



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Montreal's Alexei Kovalev scores the shootout winner for the East on Roberto Luongo last night.

## Kovalev the hometown hero

### NHL ALL-STAR GAME

West 11 East 12 (SO)



Alex Kovalev collected three points on two goals and one assist and notched the game-winner in the shootout, as the Eastern Conference posted a wild 12-11 win over the Western

### Conference at the 57th NHL all-star game in Montreal.

Kovalev, the Montreal Canadiens' captain, collected MVP honours for the effort, his first such recognition in his 16-year career. In addition, he became the first Habs player to earn the honour since Mark Recchi in 1997 at San Jose.

Kovalev opened the second round of the shootout on a sizzling wrist to the glove side that caught West

netminder Roberto Luongo off guard. After Rick Nash failed on his chance against Tim Thomas, Alex Ovechkin clinched the win by pushing a shot inside the left post.

Martin St. Louis also notched two goals and a helper for the Eastern Conference, which won for the third time in five games since the NHL re-established an East-West format in 2003. **METRO NEWS SERVICES**

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Bayside's Derek Gaudet is participating at a two-week training camp with the Canadian under-20 men's soccer team. The 19-year-old midfielder is slated to represent Canada at the CONCACAF men's under-20 championship, which runs from March 6 to 15 in Trinidad and Tobago. **METRO NEWS SERVICES**

Huskies fall to first-place X-Men

**AUS** The St. Francis Xavier X-Men flexed their muscles in Atlantic University Sport men's basketball yesterday. The nationally fifth-ranked X-Men improved to 10-1 this season and increased their lead atop the AUS standings, edging past the Saint Mary's Huskies 71-70 in Antigonish. The X-Men, whose only loss this season came at the hands of the Huskies, have an eight-point cushion on the second-place Huskies (8-4) and Cape Breton Capers (8-3). The Dalhousie Tigers had a tough weekend, losing a home-and-home with the P.E.I. Panthers to fall to 7-5. In women's play, third-place Dal (9-3) stretched its winning streak to nine games with two wins over P.E.I.

Hockey Huskies fall further back

**AUS** The Saint Mary's Huskies have fallen five points out of first in Atlantic University Sport men's hockey. The Huskies beat the St. Thomas Tommies 6-5 on Friday in overtime but suffered a 6-2 loss to the Moncton Aigles Bleus in a pivotal matchup on Saturday and are 15-7, five points behind the first-place New Brunswick Varsity Reds. The V-Reds are 16-2-3 and are 12-0-1 in their last 13 games. The Dalhousie Tigers lost weekend games to the V-Reds (4-1 on Saturday) and the P.E.I. Panthers (4-1 on Friday).

Local fighter joins UFC circuit

**MMA** Cole Harbour native T.J. Grant has landed a four-fight contract on the Ultimate Fighting Championship circuit. The 24-year-old, who has a career record of 13-2, is tentatively scheduled make his debut against Ryo Chonan (15-9) in UFC 97 on April 18 at Bell Centre in Montreal. Grant made his debut at Extreme Cage Combat 1 in Halifax in 2006 and is currently training in Thailand.

METRO NEWS SERVICES

Sports in brief

**AUS** The first-place Dalhousie Tigers (12-2) cruised to back-to-back sweeps of the New Brunswick Varsity Reds (7-9) in Atlantic University Sport men's volleyball play at Dalplex on Friday and Saturday.

METRO NEWS SERVICES

Rainmen wash out Stampede

MATTHEW WUEST  
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The Halifax Rainmen may have been deprived of sleep, but they didn't get caught napping on the court.

The Rainmen snapped a three-game losing streak on the weekend by sweeping a home-and-home with the Buffalo Stampede, wrapping things up yesterday at the Metro Centre with a 105-94 victory before a crowd of 2,308.

The wild weekend started on Saturday at 4 a.m., when the Rainmen left Halifax and flew to Buffalo. They beat the Stampede 112-108 that night, caught a few hours sleep, then flew back to Halifax at 3 a.m. yesterday morning.

"Two games in less than 24 hours ... That's a lot," said Rainmen forward Cordell Jeanty, who had enough left to post a team-high 18 points. "It was a rough weekend."

The Rainmen had surprising jump yesterday, grabbing the lead late in the first quarter and never letting go. They improved to 5-3, a game behind the Manchester Millrats (4-2) for first in the Premier Basketball League's Atlantic Conference. Glen Dandridge equalled Jeanty with 18 points, while Jimmy Twyman capped a strong weekend with 15 points. Rob Sanders, nursing a calf injury, added 14 points.

When it came to getting some shut-eye, the Rainmen had to be creative, hitting the pillow at every



Rainmen forward David Bailey dunks during the first half of yesterday's PBL game against the Buffalo Stampede at the Metro Centre. Halifax won 105-94.

opportunity.

"I slept in the hotel, during the drive, on the plane ... Add it all up, and I slept about six, seven hours," Jeanty said.

"That's not enough for a regular person, but you've got to make do."

Twyman, who played for the Harlem Globetrotters for three years, said it's all part of professional basketball.

"We played every day with the Globetrotters," the hard-nosed point guard said. "We're a little beat, but this feels great. We worked so hard in practice and to get these two victo-

ries boosts our confidence. We're ready to roll now."

Suspended Rainmen star Eric Crookshank was in the crowd, sporting a red Air Canada T-shirt in his court-side seat. He interacted with his teammates during the game and even caught an errant pass in the third quarter.

John Strickland had 12 points in his debut at the Metro Centre and hammed it up for the crowd all game. He also grabbed the microphone after the game and told the fans they were the best he'd seen in his 14-year pro career.

McConnery wins provincial title

MATTHEW WUEST  
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Nancy McConnery pulled off an upset to win the Nova Scotia Scotties Tournament of Hearts yesterday.

McConnery and her fourth-seeded Dartmouth rink of third Jennifer Crouse, second Sheena Gilman and lead Jill Thomas, knocked off No. 1 Mary-Anne Arsenault's Mayflower rink in the provincial women's curling final in Bridgewater.

Arsenault, who won last year's Scotties but is curl-

ing with a new team this year, entered as the top seed.

"Obviously, Mary-Anne was the favoured team, and we went in with nothing to lose," McConnery said. "We went out there and said, 'We have to make our shots and not worry about who we're playing or what the other team does.' And we did that. Everybody played excellent and it worked out."

McConnery, who also won a provincial crown in 2003, pulled into a 4-4 tie with a deuce in the sixth end, then stole one in the seventh and two more in

"Curling's a strange sport. Anybody can win on a given day ... it's just who's hot at the time ... We played excellent in the morning and kept the momentum going."

Nancy McConnery

the ninth to earn a 7-4 win.

She also beat Mayflower's Jill Mouzar 8-2 in the morning semifinal and finished 6-3 overall.

"Curling's a strange sport," McConnery said. "Anybody can win on any given day ... it's just who's hot at the time. We just happened to have two re-



Mooseheads goaltender Mathieu Corbeil lays on the ice while Robert Slaney of the Cape Breton Screaming Eagles, centre, celebrates after scoring a goal during the first period yesterday.

Corbeil shines in OT loss

MATTHEW WUEST  
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Halifax Mooseheads rookie goalie Mathieu Corbeil was thrown right into the fire after a three-week layoff.

Corbeil, making his first start since Jan. 4 after breaking the index finger on his catching hand in a practice, faced a barrage of 49 shots and was the third star in a 3-2 overtime loss to the Cape Breton Screaming Eagles in Sydney.

It was a season-high for shots allowed as Halifax (13-30-5) fell to 0-for-7 in the eight-game season series.

"Cape Breton is a team that always has a lot of shots — they throw everything at the net and they're good at getting to rebounds," Mooseheads head coach Cam Russell said.

"Corbeil played very well, especially considering the layoff."

Mooseheads defenceman Gabriel O'Connor took a minor penalty with 15 seconds left in regulation and that resulted in Nicolas Chouinard's power-play

winner just 53 seconds into extra time.

Discipline was also the Mooseheads' downfall in a 5-2 home loss to the Quebec Remparts on Friday.

"It was a bad penalty," Russell said, of O'Connor's minor.

"You're in a tied hockey game, you've got to play hard and you've got to play smart. It's not the time to take penalties."

Charles Bety was the first star, scoring both of Halifax's goals.

Russell made some bold

lineup changes, breaking up the so-called Euro Line and moving leading scorer Yuri Cheremetiev

to what can fairly be described as the fourth line.

He also promoted 18-year-old Ned O'Brien, who was one of Halifax's top players in Friday's loss.

"If guys are going to compete and work hard, we're going to give them the (ice time) they deserve," Russell said.

Defenceman Justin Pender (abdominal strain) and forward Eric Louis-Seize (shoulder) missed both games.

SCOREBOARD

QMJHL

YESTERDAY'S RESULTS

Cape Breton 3 HALIFAX 2 (OT)  
Gatineau 5 Val-d'Or 4 (OT)  
Moncton 6 Baie-Comeau 3  
Quebec 6 Saint John 4  
Rimouski 5 Rouyn-Noranda 2  
Victoriaville at Drummondville

PBL

|            | ATLANTIC DIVISION |   |      |
|------------|-------------------|---|------|
|            | W                 | L | PCT  |
| Manchester | 4                 | 2 | .667 |
| HALIFAX    | 5                 | 3 | .625 |
| Vermont    | 4                 | 3 | .571 |
| Montreal   | 2                 | 3 | .400 |
| Quebec     | 2                 | 3 | .333 |

YESTERDAY'S RESULT  
HALIFAX 105 Buffalo 94

SUNDAY'S GAME  
HALIFAX 112 Buffalo 108

NBA

YESTERDAY'S RESULTS

Toronto 113 Sacramento 97  
Boston 124 Dallas 100  
Houston 108 Detroit 105  
Indiana 98 Charlotte 93  
L.A. Lakers 99 San Antonio 85  
Phoenix 104 Atlanta 99  
Chicago at Minnesota  
Utah at Denver  
L.A. Clippers at Golden State



**Metro Workology exclusive: Curtain Call**

Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death, there are some interesting, lucrative and mysterious career opportunities; we will be digging up the stories for you, so check out Metronews.ca/work exclusively throughout January.

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# Workology

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

## Unmet targets in Halifax

In its forthcoming 2009 Economic Scorecard Report, the Halifax Chamber of Commerce says regional universities are failing to meet the target of increasing admissions by 500 students a year. In 2008, 785 fewer students were attending metro Halifax universities than in 2004, and "the declining trend is cause for concern," it said.

METRO NEWS SERVICES

# Snow in the hill, then ski it yourself

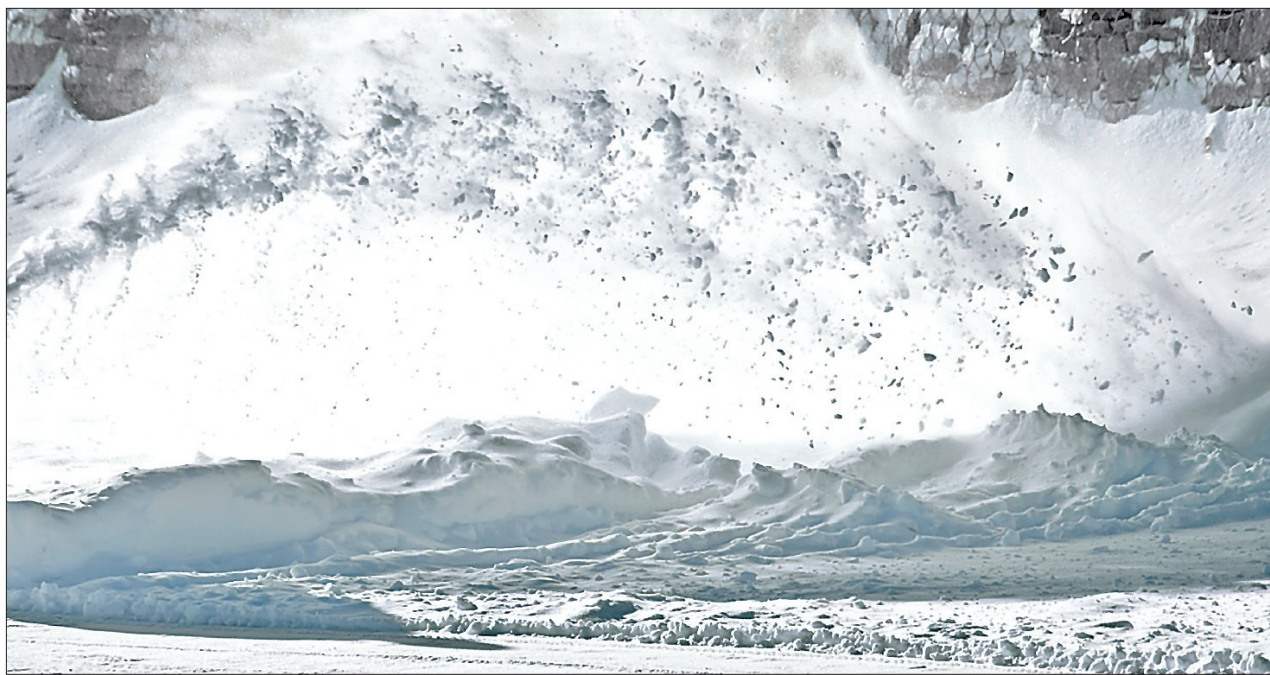
## OddJobs

**Diane Peters**



If you're an avid skier, you'll be envious of Jodie McCutcheon. "It's a dream job," says the 37-year-old snowmaking, roads and parking manager for the Whistler Blackcomb ski resort in Whistler, B.C. "I work days, I have technology at my disposal, I make darn good money and I get to ski a lot."

McCutcheon manages a staff of as many as a hundred people, including six millwrights that do equipment repairs year-round and a large staff of seasonal snowmakers who work from October to January. These mostly young men work 12-hour shifts operating 270 snowmaking guns. These guns shoot out water that turns into snow when combined with air. Snowmaking staff adjusts the water pressure and the direc-



For the avid skier or snowboarder, snowmaking can be a very rewarding career.

tion of the guns, plus they move them around the mountain and shovel.

It's McCutcheon's job to decide if it's cold enough to make snow (it's less efficient to make snow once it gets up to -1 C), assess the quality of the artificial snow and map out where the guns are going next.

He gets to his computer at about 5:30 a.m. Cameras on the mountain help him assess the snow and equipment. He also schedules his staff, checks the weather, monitors the water level in the resort's reservoir and looks ahead to upcoming ski competition and events that will need additional snow.

By about 8:15 a.m. he's outside on skis, checking the slopes and the guns. By lunch he's back in the office again, and his workday ends by 2 or 3 p.m.

McCutcheon comes from a farm in northern B.C. and briefly studied arts at university. In 1991 he moved to Whistler to be a ski bum.

He started working for the mountain in equipment rentals and then as a ski patroller.

He had some friends who did snowmaking, and he liked what he heard about the job. "It was mechanical, very hands-on, very physical. And it was away from customer service. I thought

## The Lowdown

**Job title:** Snowmaker  
**Salary:** Starts at \$14.25/hour  
**Education/training:** On the job training; ability to ski and knowledge of snow through courses  
**Best part of the job:** "Being in control and skiing every day."  
**Worst part of the job:** "Babysitting. I deal with a lot of 19- and 20-year-olds on my staff."

I'd like it."

He joined the seasonal team in 1998. In the summer he worked as a carpenter.

When the snowmaking season ended each year, he was free to ski or take a warm beach holiday.

The resort started investing more in snowmaking. McCutcheon was great with computers and technology, and started moving up the ranks. Eighteen months ago, his boss moved on and he found himself head of snowmaking operations.

It's safe to say, this guy knows snow.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

# 'Grief ... touches all of us'

## Curtain Call

NOELLE MUNARETTO  
for Metro Canada



**Death is an inevitable part of being blessed with life. But when someone you love dies, coping with the emotional whirlwind of loss can often make living your own life more difficult.**

As the director of the Canadian Centre for Bereavement Education and Grief Counselling, trauma and grief therapist Pam Fitzgerald has spent 20 years helping people understand the dynamics of that loss.

"Grief is something that touches all of us," she says. "What I do is work with people to have them work with the pain."

Fitzgerald insists that although it is impossible to fully accept the death of a friend or family member,

## "What I do is work with people to have them work with the pain."

Grief therapist Pam Fitzgerald

counselling is an essential part of the grieving process that people should view as a positive step towards self-healing.

"We never get over (death)," she said. "The whole point when I work with grief is to decrease the impact of the emotional pain — focusing on living in the now without forgetting the past."

Though Fitzgerald started out as pediatric nurse at Toronto's Hospital for Sick Children, she eventually became more interested in providing ongoing aftercare for the families of her young patients who faced a loss.

She went back to university and completed postgraduate studies in trauma. After her training in psychotherapy, Fitzgerald trav-

elled the world learning different practices including hypnosis and energy healing.

"I was laughed at and kind of called a witch," she says chuckling, looking back on the early days of her career when those forms of therapy weren't as widely accepted as they are today. "But I look more for the cause as opposed to just treating the symptoms, because we are more than the sum of our parts."

"Everything is energy. If we don't move that energy we create energy blocks and we create disease," adds Fitzgerald.

Since many of her clients have experienced extreme trauma such as suicide, sexual abuse, murder or other violent death, Fitzgerald acknowledges that hearing



Trauma and grief therapist Pam Fitzgerald has spent 20 years helping people through their loss.

their stories on a day-to-day basis affects her own emotions, too.

"Anybody that is going to be in this line of work needs to have really good self-care," she says, revealing that even she visits a counsellor. "I practice what I preach."

Fitzgerald's office is also filled with hope. The deli-

cate angel statues, photos, paintings, and comic strips found around the room are thank you gifts from people she has helped. These remind Fitzgerald of the best part of her career; watching people who have been touched by grief realize they are not broken beings but whole ones.

"I see when we're

dropped to our knees in pain it's the opportunity for spiritual awakening and to take back our power," she says. "We can never truly learn to live unless we confront death."



For more of the Curtain Call exclusive series check the Workology section Mondays or stop by Metronews.ca/work



## College & University 2009

# Dead, but how?

### Curtain Call

JON TATTRIE  
for Metro Canada

**When a medical mystery comes to a dead end, they call in Marnie Wood. The forensic pathologist for the Nova Scotia Medical Examiner Service studies the bodies of people who have died of diseases or unnatural injuries like gunshot wounds and car crashes.**

"I love it," she says. "What interests me is finding out the answers to questions and making the pieces of the puzzle fall together."

In the course of the 250 autopsies she does annually, she works with a crack team of police officers, forensic anthropologists, forensic dentists and toxicologists to figure out how the dead person got that way.

"I get to do autopsies some days, to look at things under the microscope and do readings around cases. One day I might go out to a

scene and the next day testify in court."

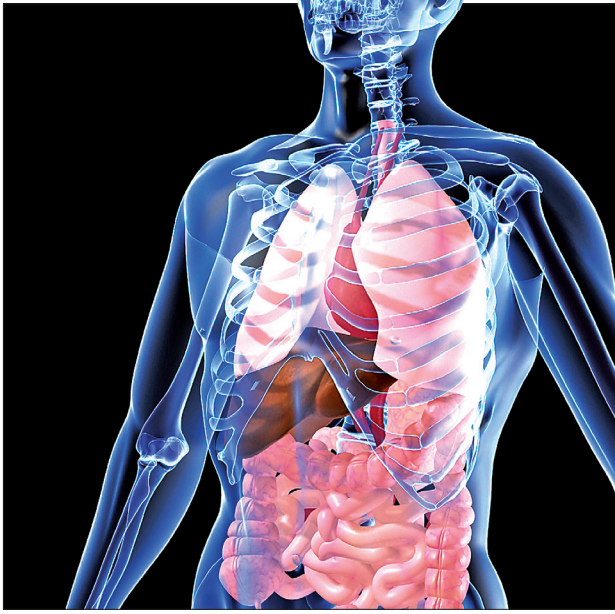
When a body makes its way to Wood, her three tasks are to identify the person, determine the cause of death and then determine the manner of death (murder, suicide or natural causes.) She testifies in murder cases, but she's never been concerned for her safety.

"Most of the cases that go to court, it wasn't much of a mystery. The people were shot or stabbed," she says. Her evidence is important, but it's not going to make the case.

Wood first learned about forensic pathology like most of us: Through TV shows such as Quincy. She warns, however, reality isn't a TV show.

"We're not quite as pretty," she laughs. "We don't have fashion co-ordinators."

They also don't have the firm answers of the cast of CSI; it's usually more grey than black and white. Wood did, however, rub shoulders with crime writer Patricia Cornwell when Wood was training in



To be a forensic pathologist, you need a lot of education.

Richmond, Va.

Some cases hit hard, but most of the time the mystery takes centre stage. "You focus on finding the answers," Wood says. "I find it really interesting and satisfying."

Her first autopsy was in a hospital during her medical degree. She was hooked straight away. "You spend

so much of the rest of medicine learning to keep people alive, yet here you are with this person who is already gone."

It became her passion. After a quick 14 years of education including a BSC, medical degree and five years of anatomical pathology, she was ready to start.

# Co-op or not?

JOSEPHINE LIM  
for Metro Canada

**Three years ago, Cindy Huang was accepted into the University of Toronto's management co-op program on their Scarborough, Ont., campus. She was looking to gain experience in her field and earn money while she was at it.**

She'd soon find out there was more to the co-op program than she expected.

When it's time to choose universities, picking between a co-op program and a regular one is a difficult decision. The job experience and money you can gain are good incentives, but it does come with its cons.

For Huang, one thing she doesn't like is the application process. Her program's policy requires her to complete 25 initial job applications, only in her field of study.

It also states that if a student rejects two or more offers without good reason then they are unable to apply to any more positions offered by the co-op office during that term.

"You will probably get a job, but maybe not the job you want," says Huang. "Some of the jobs available are bad and no one wants it."

Not only that, but she's also required to go to all of her interviews.

"Most of the time you need to give up your lecture and go for an interview," says Huang. "Even though you have exams and you want to study you can't."

On the other hand, Alison Kuepper, a co-op field coordinator at the University of Waterloo, says having a lot of interviews is actually a pro and part of the

learning process.

Despite the cons, Huang does like that co-op helps her work toward her future career.

"If you're not in co-op and you search for a job it's hard to find a job that matches your future career," she says.

Ming Qu, a third-year system design engineering student at the University of Waterloo, chose to go there because of its co-op program.

However, it turned out to be a bad situation for him. He had issues during his work term at a software company in downtown

Toronto with his co-worker. It got to the point where he became disinterested in his position, yet had

to endure it for four months.

At the University of Waterloo, coordinators have available information about the placement and the general opinion of the work environment. Qu checked this beforehand, but he says sometimes it doesn't help.

"There's really very little (you can do) because you can't really tell until you start working," says Qu. "You can't tell what you like, even from other people's opinions."

In a situation like this, Kuepper says this is where her job comes in. She suggests that the student talks to the employer about the situation, but it should be brought up with the coordinator first.

Even with his experience Qu says he still thinks co-op is well worth it.

"At school you have to be good academically, but in the workforce you have to have very good communication and on top of that, organization," says Qu.

### Co-op fee

- There is a co-op fee usually, and for Cindy Huang it's about \$400 each semester.

## As much opportunity as training in pathology

JON TATTRIE  
for Metro Canada

It's a long road from watching CSI to becoming a forensic pathologist. After a four-year undergraduate degree, usually in the sciences, students must complete four years of medical school and then a five-year residency in forensic pathology.

That's 13 years of expensive education, but rewarding for those who stick to it, says Dr. Michael Shkrum, head of the specialty committee for forensic pathology at the Royal College of Physicians and Surgeons of

Canada.

"You have to have a healthy sense of scientific and intellectual curiosity and be willing to sort through some very difficult problems."

The training includes autopsies, microscopic assessments of specimens removed during surgery and cytology, the study of cells.

Until 2003, there were no accredited residency training programs in Canada, so pathologists went to the U.S. or the U.K. The Royal College now recognizes forensic pathology as a specialty and students can train in Toronto, with other cen-

tres to follow.

"We're hoping that program will generate at least two formally trained Canadian pathologists on a yearly basis," said Shkrum, who practices at the London Health Sciences Centre in Ontario. The training likely will stay in big cities like Toronto so students can become experts in a wide range of cases.

"There are very exacting legal standards that have to be addressed, because the work of a forensic pathologist can be presented in court," he said.

There aren't a lot of forensic pathologists in

**"We're really hanging on by our fingernails at the various units across the province."**

Dr. Michael Shkrum on the forensic pathologist shortage

Canada, Shkrum said, but plenty of work. "We're really hanging on by our fingernails at the various units across the province. They're undermanned and there's a large volume of cases that comes through."

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**Senator in Travolta case resigns**

The Bahamas senator arrested over an alleged plot to extort money from movie star John Travolta has resigned from her post, despite vowing to prove her innocence. **IMDB.COM**

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# Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

**Miss America**

Katie Stam of Indiana was crowned Miss America on Saturday, fighting off a throat infection, laryngitis and 51 other contestants to win the pageant. **METRO NEWS SERVICES**

## Design diversity

Reality series showcases Canadian fashions

**BRIAN COULTON**  
for Metro Canada



**On one side of the catwalk sit nervous budding designers, their eyes the sole indicators of any present jitters. Judgment, on the other hand, flows from the facial expressions of the fashion professionals who scribble notes as garments slink by on the svelte limbs of the models on parade.**

This vogue vision is not filling the tents at Toronto Fashion Week, nor the seasonal debuts in New York or Paris. The scene is ripped from the unexpectedly stylish streets of Ottawa, the backdrop for the second season of design reality program Project Runway Canada, in which 14 aspiring designers compete for \$100,000.

"The style in Ottawa tends to be thought of as conservative and high quality, with embassies and ambassadors and all kinds of high-end events," said Andrea Gabourie, the

series' executive producer. "But I think there's a real emerging diversity in fashion here ... One of our goals with the show is making Canadians excited about knowing who the Canadian fashion designers are and buying their clothes."

Elevating designers into national recognition is largely established by the immediacy with which the show allows a complete unknown to display their construction and design abilities not just to the Canadian public, but also to internationally respected designers.

Brian Bailey is one of them. The women's sportswear and eveningwear designer and Canada's first to produce complementary collections for both traditional and plus sizes returns this season to mentor the contestants.

"It's about immediate brand building," Bailey said. "It's about delivering into the hearts and homes

**Ready for takeoff**

- Project Runway Canada premieres on Global TV tomorrow night.

of Canadians across Canada that watch television that we have a Canadian design industry and that (its designers) are fabulous! That's a damn nice Canadian thing to say, isn't it?"

But, while it may be nice to make Canadian designers feel special, there's no denying the misconception that the show is a fashion stepchild to the United States, says this season's host supermodel Iman.

"They have no idea how great their talent is, so they don't bring their game on because they think, 'Oh where will it go?'"

"Fashion is global. There's not just a Canadian designer."

She begs to prove the Canadian designers wrong by bringing her industry



Supermodel Iman returns as host of Project Runway Canada.

expertise to the table. "By sheer luck, wouldn't it be great if I discovered

the genius of tomorrow?" she says, with a roar of laughter.

**Weekend box office**

- 1 Paul Blart: Mall Cop:** \$21.5 million US
- 2 Underworld: Rise of the Lycans:** \$20.7 million
- 3 Gran Torino:** \$16 million
- 4 Hotel for Dogs:** \$12.4 million
- 5 Slumdog Millionaire:** \$10.5 million
- 6 My Bloody Valentine:** \$10 million
- 7 3-D:** \$10 million
- 8 Inkheart:** \$7.7 million
- 9 Bride Wars:** \$7 million
- 10 Curious Case of Benjamin Button:** \$6 million
- 11 Notorious:** \$5.7 million

REUTERS

## Rise of the superbore

**Underworld: Rise of The Lycans**

**Director:** Patrick Tatopoulos

**Stars:** Rhona Mitra, Michael Sheen, Bill Nighy

**Classification:** 18A

**Rating:** ⓈⓈ

**IAN GORMELY**  
for Metro Canada



**It's a remarkable feat that the Underworld series of films have managed to make a war between vampires and werewolves so boring.**

Underworld: Rise of the Lycans, the third (and fingers crossed for final) instalment is a prequel, fleshing out the origin of the centuries-long struggle between these two creatures of the night. Thing is, if you've seen the first two films (Underworld and Underworld: Evolution) you'll already know this tale; both films spent plenty of screen time creating this back-story through flash-



Michael Sheen stars in Underworld: Rise of the Lycans.

backs and over-the-top monologues.

As for viewers who managed to miss these cinematic gems, do you really care?

Rise of the Lycans' plot revolves around two star-crossed lovers, but instead of Montagues and Capulets, it's vampires and lycans. Sonia (played by Domsday's Rhona Mitra) loves lycan slave Lucian (a slumming Michael Sheen) much to the chagrin of her vampire king father Viktor

(a humourless Bill Nighy).

When Viktor has his daughter killed for her transgressions, Lucian flips, rallies the other werewolf slaves and all hell breaks loose.

Being a prequel, Rise of the Lycans is freed from the need to bring viewers up to speed with a convoluted back-story, something that dragged down its predecessors. So this is the most accessible and straightforward film in the trilogy.

That said, for all the effort that has been made to flesh out the world in which the Underworld series exists the characters that inhabit it are one-dimensional archetypes.

And this really wouldn't be a problem if the action sequences weren't so dull. The choreographed gunplay that typified the first two movies has been replaced with sword fight re-treads mixed with Matrix copping aerial stunts.

This could have been a great bad movie, but instead it's just boring.

Be careful what you wish for.

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WHEN OTHERS' INTENTIONS ARE OFTEN UNCLEAR.

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# Vets win big at SAGs

Streep, Penn take best actress/actor awards

**Slumdog Millionaire** took the top prize at the Screen Actors Guild Awards last night, boosting its chances of an Oscar next month, on a night that saw awards scattered across five movies.

Slumdog Millionaire, the story of a Mumbai slum dweller who hits the big time on a TV game show, won the prize for best ensemble cast in a motion picture.

Sean Penn won the best actor award for playing slain San Francisco gay rights activist Harvey Milk in Milk, while Meryl Streep was a popular best actress winner for her role as a vindictive nun in the Catholic Church abuse drama Doubt.

Neither Milk nor Doubt has featured strongly in the awards season so far, but the Screen Actors Guild, in which Hollywood actors honour their peers, is known for throwing curveballs on the road to the Oscars.

Milk has played well in Los Angeles, where the gay community was embittered



Meryl Streep and Sean Penn accept the best actress and actor awards at the Screen Actors Guild Awards last night.

by a November 2008 referendum that banned same-sex marriage in California. "This is a story about equal rights for all human beings," Penn said in his acceptance speech.

Streep paid tribute to other strong performances by women in the past year, adding, "There is no such thing as the best actress. There is no such thing as the greatest living actress," referring to the accolade of-

ten bestowed on her.

Australia's Heath Ledger, who died a year ago, added a SAG best supporting actor award to his tally for playing the Joker in Batman blockbuster The Dark Knight.

British actress Kate Winslet won the best supporting actress SAG award for her role as a German woman with a hidden Nazi past in The Reader.

REUTERS

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**Lipstick Jungle stage manager accused of stealing**

A stage manager for the NBC show Lipstick Jungle has been charged with stealing almost \$30,000 in designer fashion from the show, reports say. Arthur Moreira, 27, was arrested Friday in Brooklyn, N.Y. **METRO NEWS SERVICES**

# Being Ab Fab in L.A.

**IntelVision****Rick McGinnis**

rick.mcginis@metronews.ca

**WHAT'S THE AMERICAN FOR 'SWEETIE DARLING'?** Fox is apparently pressing ahead with an Americanized version of Absolutely Fabulous, the BBC comedy that debuted in 1992 and sporadically produced five seasons and several specials.

I'm a big fan of the original show, which was, at its best, one of the most caustic and inspired pieces of social satire put on television.

I'm also no longer confident of my abilities to predict how well Americanizations of British shows will fare; I dismissed NBC's version of The Office before it premiered, and despite a miserable false start, ABC's Life on Mars turned out a lot better than my dire predictions.

While it's good news that Jennifer Saunders — one of

the stars and creators of the original — will be executive producing the Fox version, there's still good reason to be worried about the show, which has been given a pilot order according to Variety and could hit the air by the fall.

**WHAT COULD GO RIGHT:** According to Variety, they've set the show in Los Angeles, which isn't exactly the centre of the fashion industry in America, but that could work; anyone who's watched a couple of seasons of Project Runway knows that the biggest loose cannons on the show are often products of L.A.'s fashion scene.

And anyone who's spent time in the boutiques of Hollywood or Beverly Hills can tell you that L.A. has money and taste in inverse proportions — as little of the latter as it has much of the former. Last year the stores were filled with pricey versions of what heavy metal groupies were wearing in the mid-'80s; it would be rich to see Fox's version of Edina making her entrance



Jennifer Saunders, left, and Joanna Lumley served up the laughs in the British comedy Absolutely Fabulous.

swathed in L.A.'s take on the original show's Christian Lacroix tat.

The city matches England's abject celeb culture and exceeds it for flaky New Age trends, so the writers shouldn't have a problem mining their hometown for fecund material, and hopefully the casting director will be able to provide cameos and guest spots from celebrities on the A, B and Z lists willing to lampoon themselves.

**WHAT COULD GO WRONG:**

**"(Los Angeles) matches England's abject celeb culture and exceeds it for flaky New Age trends, so the writers shouldn't have a problem mining their hometown for fecund material."**

For the life of me I can't think of any Americans able to match Saunders' or (especially) Joanna Lumley's crucial roles in the show; even in England, it was hard to imagine anyone willing to humiliate themselves by embodying such grandly irredeemable characters.

Faced with this obstacle, the writers and producers could scale back the show's comic ambitions, at which point it'll be dead in the water. I am, of course, happy to be proved wrong.

Rick McGinnis writes about music, movies, books and television, but not opera.

## From mom to son, with love from dad

**A Journal for Jordan**

**Author:** Dana Canedy  
**Publisher:** Crown Publishers  
**Price:** \$30 (Hardcover)

When 1st Sgt. Charles King was killed in Iraq in 2006, he left behind a 200-page journal for his infant son Jordan, which offered the boy lessons on life and love. In *A Journal for Jordan*, King's widow Dana Canedy constructs her own letters to their son, combining excerpts from her husband's journal with an intimate account of her relationship with her husband.

**That Went Well**

**Author:** Terrell Harris Dougan  
**Publisher:** Hyperion  
**Price:** \$29.95 (Hardcover)

After her sister Irene was born in 1946, Terrell Harris Dougan's life turned upside down. Irene was mentally disabled, and the family had to decide whether to institutionalize their beloved daughter, as was then

**BookPicks**

the norm, or try to integrate her into society. They chose the latter, and this book is Dougan's comic, touching account of growing up with Irene and how caring for her impacted her parents' lives and her own pursuit of normalcy.

**Hope & Despair**

**Author:** Monia Mazigh  
**Publisher:** McClelland & Stewart  
**Price:** \$34.99 (Hardcover)

Maher Arar didn't make it home to Canada from a family vacation in Tunisia in 2002. In *Hope & Despair*, Arar's wife Monia Mazigh recounts discovering he'd been detained on suspicion of ties to al-Qaida, his deportation to Syria and subsequent torture. Mazigh relives that time in unrelenting detail: She raised their two children alone, struggled with the Canadian government and worked tirelessly for a reunion.

**BRIAN COULTON/FOR METRO CANADA**

## Internet TVs generate buzz

**TECHNOLOGY** A new generation of Internet-connected TV sets are emerging as potentially useful tools for the recording industry in its ongoing quest to extend the reach of digital music into living rooms.

Judging from the buzz that connected TVs generated at the otherwise subdued International Consumer Electronics Show in Las Vegas recently, Internet access may soon become as important a feature to TV buyers as screen size and resolution.

Attempts to bring online connectivity to TV screens are hardly new. What's different this year is that instead of pitching such TVs as a way to browse the web, TV makers are touting their ability to deliver a wider range of entertainment options.

**REUTERS**

**GlobalStyle****Kenya Hunt**

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| HA            | H   | D   | B   | 7:00  | 7:30                              | 8:00              | 8:30   | 9:00                           | 9:30                                  | 10:00                              | 10:30                                     | 11:00          |
|---------------|-----|-----|-----|-------|-----------------------------------|-------------------|--|--------------------------------|---------------------------------------|------------------------------------|---|----------------|
| 1/26/09       | 31  | 31  | 31  | ABC   | News (N)                          | ABC Wild News     | Inside Edition                               | The Bachelor (N)               |                                       |                                    |   | True Beauty    |
|               | 7   | 7   | 7   | ASN   | The Road to Avonlea               |                   | Instant Star                                 | Gossip Girl (HDTV)             |                                       | Paris Hilton's My New BFF          |   | Old Christine  |
|               | 11  | 11  | 11  | CBC   | Coronation St.                    | Jeopardy! (N)     | Little Mosque                                | Being Erica (HDTV) (N)         |                                       | CBC News: The National             |   | The Hour       |
|               | 2   | 2   | 2   | CBC-F | Terre humaine                     | Pyramide (SC)     | Virginie (SC)                                | L'Auberge du chien noir (SC)   |                                       | Les Boys (SC)                      | Tout sur moi                              | Le Téléjournal |
|               | 32  | 32  | 32  | CBS   | News (N)                          | Evening News      | The Insider (N)                              | Big Bang Th                    | How I Met                             | Two/Half Men                       | Worst Week                                | CSI: Miami     |
|               | 69  | 69  | 69  | CFTM  | TVA 18 heures                     | Le Cercle (SC)    | Les Gags (N)                                 | Bloopers TVA                   | Juste pour rire (SC)                  | Dr. House (HDTV) (SC)              |   | TVA 22 heures  |
|               | 6   | 6   | 6   | CHFH  | Entertainment                     | ET Canada         | Captain Cook: Obsession                      | House "Big Baby" (N)           |                                       | 24 (HDTV PA) (N)                   |   | News (N)       |
|               | 9   | 9   | 9   | CJCH  | etalk                             | Hollywood         | CSI: Miami (HDTV)                            | Big Bang Th                    | Two/Half Men                          | Two/Half Men                       | Corner Gas                                | News (N)       |
|               | 10  | 10  | 10  | ELTV  | EastLink Mag.                     | Fishing           | Harv's Sportsland (Live)                     | Build It                       | Harv's Sportsland                     |                                    | EastLink Television                       |                |
|               | 36  | 36  | 36  | FOX   | Deal-No Deal                      | The Simpsons      | Two/Half Men                                 | House "Big Baby" (N)           |                                       | 24 (HDTV PA) (N)                   |   | Fox First      |
| primetime     | 12  | 12  | 12  | NBC   | News (N)                          | NBC News          | Hollywood                                    | Extra (N)                      | Superstars of Dance (N)               | The Last Templar (2009, Adventure) |   |                |
|               | 29  | 29  | 29  | NW    | World News                        | Business          | CBC News                                     | Politics With Don Newman (N)   |                                       | CBC News: The National             |   | Conspiracy     |
|               | 4   | 4   | 4   | PBS-B | NewsHour With Jim Lehrer          | Greater Boston    | Chronicles                                   | Antiques Roadshow (N)          |                                       | American Experience (N) (DVS)      |   |                |
|               | 35  | 35  | 35  | PBS-D | NewsHour With Jim Lehrer          | Business Rpt.     | Worldfocus                                   | Antiques Roadshow (N)          |                                       | American Experience (N) (DVS)      |   |                |
|               | 68  | 68  | 68  | TQS   | (6:30) Le Retour (SC)             | Beauté            | C'tune joke                                  | CSI: NY (SC)                   |                                       | Terminator: Les Chroniques         |   | 110 pour cent  |
|               | 23  | 96  | 96  | BNN   | Business News                     | Headline          | Market Call                                  | Money Talks                    | Business News                         | Squeeze Play                       |   | Market Call    |
|               | 18  | 18  | 18  | CNN   | (5) The Situation Room            | Lou Dobbs Tonight | Berman's Call                                | Campbell Brown: No Bias        |                                       | Larry King Live                    |   | Cooper 360     |
|               | 54  | 54  | 54  | GOLF  | Golf Central                      | Top 10            | Learning                                     | The Golf Fix                   | Top 10                                | Tee It                             | Tee It                                    | Tee It         |
|               | 52  | 52  | 52  | RSE   | Prime Time Sports                 |                   | Boxing Jelena Mrdjenovich vs. Lindsey Scragg |                                |                                       | Best Damn Sports Show              |   | Sportsnet Con. |
|               | 55  | 55  | 55  | SCOR  | Hockey Talk                       | Game On           | RaceNight                                    |                                |                                       | (10:15) WWE Monday Night Raw       |   |                |
| news          | 45  | 45  | 45  | SPD   | Unique Whips                      |                   | NASCAR Pre.                                  | Pass Time (N)                  | SuperCars                             | SuperCars                          | My Classic Car                            | Auctions       |
|               | 53  | 53  | 53  | TSN   | Off the Record                    | SportsCentre      | AHL Hockey All-Star Game. (HDTV)             | From Worcester, Mass. (Live)   |                                       |                                    | My Classic Car                            | Tennis         |
|               | 43  | 43  | 43  | FAM   | Zoeys 101                         | Life Derek        | Wizards-Place                                | That's-Raven                   | Zack & Cody                           | Natural-Sadie                      | Han. Montana                              | Life Derek     |
|               | 44  | 44  | 44  | TOON  | Ben 10                            | Johnny Test       | Totally Spies                                | Total Drama                    | 6TEEN                                 | 6TEEN                              | Misadventures                             | Futurama       |
|               | 26  | 26  | 26  | TREE  | Max & Ruby                        | Backyardigans     | Wonder Pets                                  | Night Grdn                     | Friend Rabbit                         | Franklin                           | Little Bear                               | Miss Spider    |
|               | 27  | 27  | 27  | YTV   | Drake & Josh                      | iCarly            | Adrenaline Proj                              | Prank Patrol                   | Malcolm-Mid.                          | Futurama                           | Prank Patrol                              | Zixx Level     |
|               | 16  | 16  | 16  | A&E   | Cold Case Files (HDTV)            |                   | CSI: Miami "Whacked"                         |                                | Intervention "Lawrence"               |                                    | Intervention "Anthony"                    | Paranormal     |
|               | 70  | 70  | 70  | APTN  | News                              |                   | Notre People                                 |                                | Terres arct.                          | Mishkuenita                        | Le Silence des fusils (1996, Drame)       |                |
|               | 50  | 50  | 50  | BET   | 106 & Park: BET's Top 10 Live     |                   |  |                                | Getting Played (2005, Romance-Comedy) | Carmen Electra.                    |   | Baldwin Hills  |
|               | 37  | 37  | 37  | BRVO  | Street Legal                      |                   | Hot Dance                                    | Dance With Me                  | Eva: The Price of Passion             |                                    | Symphonic Landscapes Kent Nagano.         |                |
| sports        | 25  | 25  | 25  | CMT   | Dedicated                         |                   | All About (N)                                | All About                      | Home Improve.                         | Home Improve.                      | Reba                                      | Reba           |
|               | 49  | 49  | 49  | COM   | Laughs                            | Comedy Now        | Ali Farce                                    | Just for Laughs                | Corner Gas                            |                                    | The Simpsons                              | South Park     |
|               | 153 | 153 | 153 | COURT | W-FIVE                            |                   | World's Wildest Police Videos                |                                | Cops Uncut                            | Dumb Criminal                      | Legal Briefs                              | Police Videos  |
|               | 38  | 38  | 38  | DISC  | Canada's Worst Handyman           |                   | Daily Planet (N)                             |                                | MythBusters                           |                                    | Dirty Jobs Leeches. (N)                   | Vermintors     |
|               | 34  | 48  | 48  | HGTV  | Holmes on Homes                   |                   | House Hunters                                | Property Virgin                | For Rent                              | Income Prop.                       | Property Virgin                           | House Hunters  |
|               | 46  | 46  | 46  | HIST  | In Korea with Norm Christie       |                   | NCIS "Sharif Returns"                        |                                | Tiger Spirit North and South Korea.   |                                    | Vimy Under                                | Ambrose Price  |
|               | 17  | 17  | 17  | MM    | Video on Trial                    | Video on Trial    | Meet Barkers                                 | Meet Barkers                   | Instant Star                          | Instant Star                       | MuchTopTens (N)                           | MuchNews       |
|               | 19  | 19  | 19  | MMM   | MusicalProfile                    | mmmtop10.com      |  | Revival                        | Listed                                |                                    | Don't Forget the Lyrics!                  | Don't Forget   |
|               | 201 | 201 | 201 | M1    | (6) The Riddle (2007)             |                   | Stargate Atlantis                            |                                | Sanctuary (Part 2 of 2)               |                                    | U.S. of Tara                              | Secret Diary   |
|               | 48  | 23  | 23  | OLN   | American Gladiators               |                   | Bounty Hunter                                | Bounty Hunter                  | Survivorman (N)                       |                                    | Mantracker                                | Bounty Hunter  |
| family        | 51  | 51  | 51  | PEACH | Seinfeld                          | Friends           | House-Payne                                  | House-Payne                    | House-Payne                           | House-Payne                        | House-Payne                               | Welcome to     |
|               | 206 | 206 | 206 | PIX   | (8:30) Cape Fear (1962, Suspense) |                   |  | (8:20) Little Criminals (1995) |                                       |                                    | Top Gun *** (1986, Adventure)             |                |
|               | 67  | 67  | 67  | RDI   | RDI en direct                     |                   | 24 Heures en 60 minutes                      |                                | Grands reportages (SC)                |                                    | Le Téléjournal (SC)                       | RDI en direct  |
|               | 39  | 39  | 39  | SHOW  | Wife Swap                         |                   | The Outer Limits                             |                                | Kink in Hair                          | Kink in Hair                       | Kenny-Spenney                             | Rent-A-Goalie  |
|               | 40  | 40  | 40  | SLICE | X-Weighted                        |                   | Til Debt-Part                                | Rich Poor                      | Til Debt-Part                         | Til Debt-Part                      | Tabatha's Salon Takeover                  | Tim Gunn-Style |
|               | 47  | 47  | 47  | SPACE | Stargate SG-1 Machello.           |                   | Stargate Atlantis                            | (DVS)                          | Lost "Pilot" (Part 1 of 2)            |                                    | Star Trek: Voyager                        | Ghost Hunters  |
|               | 14  | 14  | 14  | SPIKE | CSI: NY (HDTV)                    |                   | CSI: NY (HDTV)                               |                                | CSI: NY "Zoo York"                    |                                    | The Quick and the Dead ** (1995, Western) |                |
|               | 57  | 98  | 98  | STAR  | etalk                             | Hollywood         | The Ellen DeGeneres Show (N)                 |                                | TMZ (N)                               |                                    | First Class All the Way                   | Tonight Show   |
|               | 21  | 21  | 21  | TLC   | What Not to Wear                  |                   | Kids by the Dozen                            |                                | Little People                         | Little People                      | Jon & Kate                                | Jon & Kate     |
|               | 56  | 34  | 34  | TROP  | What Happen?                      | What Happen?      | TV Made, Do It                               | News Show                      | Tube Tales                            | E News                             | Make or Break                             | TV Made, Do It |
| cable variety | 20  | 20  | 20  | TV5   | (6:55) Cible                      | Journal de Fr2    | L'Objet du scandale "Le 4x4"                 |                                | Trains-autres                         | (9:45) Babylone                    |   | Planet Soap    |
|               | 28  | 28  | 28  | V     | Just Cause                        |                   | Murder, She Wrote                            |                                | Eyes Down                             | May-December                       | McLeod's Daughters (N)                    | God Bless      |
|               | 60  | 97  | 97  | VIVA  | Mysterious Ways                   |                   | Judging Amy                                  |                                | Commander In Chief                    |                                    | Commander In Chief                        | Truth, Duty    |
|               | 22  | 22  | 22  | W     | Style by Jury                     | Style by Jury     | Will & Grace                                 | Friends                        | How Clean                             | Kim                                | Love It or List It                        | Save Us-House  |
|               | 251 | 251 | 251 | WGN   | Be-Millionaire                    | Evening News      | Two/Half Men                                 | Family Guy                     | Gossip Girl (HDTV)                    |                                    | One Tree Hill (HDTV)                      | WGN News       |

**critics'corner****Being Erica**

All it takes is one intimidating person to make someone leery of standing up for herself. In this new episode, Erica (Erin Karpluk) has a new boss who's a real bully. To help her gain the confidence to confront him, Dr. Tom (Michael Riley) sends her back to university for a do-over with a fearsome professor. Tyron Leitso also stars in "The Secret of Now." 9 PM on CBC

**Little Mosque on the Prairie**

There's nothing like a health scare to jolt a guilty conscience. Fred (Neil Crone) gets some frightening news about his health from Rayyan (Sitara Hewitt) at the clinic. Convinced he's not long for this world, he goes to work mending fences with Mercy's Muslim community. Carlo Rota and Zaib Shaikh also star in the new episode "The Week of Dying Dangerously." 8 PM on CBC

**All About**

She had the misfortune to be on "American Idol" the season after another blond country girl took the big prize, but that hasn't stopped season five sixth-place finisher Kellie Pickler from establishing her own music career. This new episode compiles recent interviews, news and video of the 22-year-old artist whose first single, "Don't You Know You're Beautiful" is doing beautiful things for that career. 8 PM on CMT





Actress Molly Ringwald, left, is preparing for double trouble — she's expecting twins, imdb.com reports. The Breakfast Club star, 40, has announced she is pregnant with a boy and a girl, according to People.com. **METRO NEWS SERVICES**

## Celebrity Buzz

# Prince dumped

**ROMANCE** British royal Prince Harry has been ditched by his long-term love Chelsy Davy — ending their five-year romance, imdb.com reports.

The pair parted ways following a series of tearful phone calls, according to British tabloid the News of the World.

And a source tells the publication that despite making the decision, 23-year-old Zimbabwean Davy is “distracted”

at the split. The insider adds, “She has simply had enough. They have been going

through what she calls a ‘rough patch’ and she didn’t see the point in going on.

“Their lives have been moving in different directions. Chelsy is about to embark on a career in law and being a royal girlfriend can be quite limiting.”

A royal source told the tabloid the romance had simply ‘run its course,’ and that the pair were still on friendly terms.

The split marks an overall troublesome time for the 24-year-old prince — he was also embroiled in a race row after a film showing him referring to an Army colleague as “P-ki” was released.

**METRO NEWS SERVICES**



GETTY IMAGES PHOTOS

# Sex and the City star denies split

**RUMOURS** Sex and the City star Sarah Jessica Parker has dismissed rumours she is set to split from her husband Matthew Broderick, imdb.com reports.

The couple has been dogged by rumours of an impending split ever since August when American tabloid, Star, claimed Broderick, 46, had an affair with a younger woman.

And fresh speculation arose recently, with Internet gossips claiming Parker had been

spotted visiting a New York realtor to prepare for moving out of the family’s

Manhattan home.

But Parker and Broderick have been putting on a united front, appearing in public together Thursday night to see Broadway play, The American Plan.

And Parker brushed off the breakup rumours, telling People.com, “This is date night. It was really lovely. We don’t even bother to address them (the reports).”

And when asked the best thing about life as a married couple, the actress replied: “Being married!”

The couple married in 1997 and has a four year old son, James Wilkie.

**METRO NEWS SERVICES**



# Engagement rumours false: Gisele

**ENGAGEMENT** Supermodel Gisele Bundchen has dismissed reports she and American football star Tom Brady are engaged, imdb.com reports.

The pair has been subjected to repeated engagement rumours over the past month.

Separate reports alleged New England Patriots quarterback Brady had proposed on Christmas Eve and popped the question earlier this month.

But Leonardo DiCaprio’s ex-girlfriend insists she has no sparkling ring to show

off to pals.

She says, “I don’t know how people are so creative. First they said he proposed to me in a plane. Imagine, it was Dec. 24, Christmas, we were flying to Boston, then there was some champagne and we celebrated the date.

“Now there’s a new rumour

that he proposed to me on last Friday (sic). I wasn’t even there (with him), how can that be true?”

**METRO NEWS SERVICES**



# Angie’s ex-bodyguard may release tell-all

**SCANDAL** Angelina Jolie’s Oscar-nomination celebrations have been marred by reports her former bodyguard is planning a tell-all which will set out to prove the actress moved in on partner Brad Pitt when he was still married to Jennifer Aniston, imdb.com reports.

Sources claim the actress, who was nominated for a best actress Academy Award on Thursday, is seeking legal counsel to block Mickey Brett’s expose, which will also expose intimate details of her courtship and sex life with Pitt.

A publishing insider tells In Touch Weekly magazine, “He (Brett) knows everything about Angelina. It’s going to be one of the most explosive books ever

written.”

Brett, who headed up the Jolie/Pitt’s security detail when the couple went into hiding in Namibia before the birth of baby daughter Shiloh in 2006, was reportedly fired by Pitt last year. The insider also tells In Touch Weekly, “The (book) will include all the sordid details of how they (Pitt and Jolie) got together while Brad was still married to Jennifer Aniston.”

Pitt attempted to clear up those rumours in a recent interview after Jolie revealed the couple had met and fallen in love on the set of action film Mr. & Mrs. Smith, which was made when the movie hunk was still married. He insisted there was no “dastardly affair.”

**METRO NEWS SERVICES**



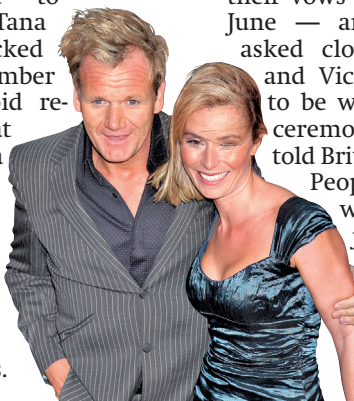
# Ramsays to renew vows

**MARRIAGE** TV chef Gordon Ramsay is set to renew his wedding vows — just months after allegations he cheated on his wife, imdb.com reports.

The F Word star’s 12-year marriage to wife Tana was rocked in November by tabloid reports that he had a long-standing affair with “serial mistress” Sarah Symonds.

Yet Ramsay firmly denied the rumours, claiming: “It never happened. It was completely made up. She set it up to make some money.” Now the couple have decided to cement their vows in London this June — and have even asked close pals David and Victoria Beckham to be witnesses at the ceremony. A source told British tabloid The People, “Gordon wants to show just how infatuated he still is with Tana.”

**METRO NEWS SERVICES**



# Hathaway lauds curvier figures

**IMAGE** Actress Anne Hathaway has championed Scarlett Johansson and Beyonce Knowles for their curvy figures, praising the pair as good role models for youngsters, imdb.com reports.

The Devil Wears Prada star has recently been lambasted for being too skinny, although the 27-year-old is adamant she is a “normal shape.” And Hathaway has hailed Johansson, Knowles, and fellow actress Reese Witherspoon for projecting healthy body images in a world where super-slim is often seen as an ideal.

She says, “I don’t think it’s just Hollywood that gives out that message. As a society we put out these unrealistic body images to young women.

“But I’m a normal shape and Scarlett Johansson is not a skinny, skinny girl. Beyonce Knowles looks after herself and has a beautiful body. Reese Witherspoon looks great.”

**METRO NEWS SERVICES**



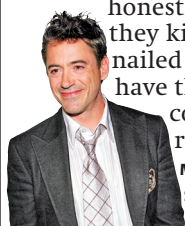
# Downey Jr. loves Googling himself

**GOSSIP** Actor Robert Downey Jr. loves to look himself up on the Internet — so he can see what people are saying about him, imdb.com reports.

The Tropic Thunder star was quizzed by Newsweek about his online habits and confessed to “Googling” himself on the web — and finds it hilarious when he comes across chatrooms dedicated to him. He says, “Oh, I love all that s-t, personally. Sorry. I love just it. Because it’s a hoot. Some people overstate their support, like they know you.”

“Other people are busy doing something else and just want to go on this chat site and say some despicable character assassination, which I honestly think they kind of nailed it. I do have that shortcoming. It’s really fun.”

**METRO NEWS SERVICES**



# Charlie’s Angels back for more

**PEOPLE** Drew Barrymore, Lucy Liu and Cameron Diaz are set to return to the big screen as Charlie’s Angels for a third film, imdb.com reports.

Six years after the sequel Charlie’s Angels: Full Throttle, the trio is ready to go again.

Barrymore says, “I’m so into it ... They’re hard movies to make, but they’re fun.”

And sources tell Eonline.com that the three angels are looking to add a fourth lovely lady to the mix for their second sequel, which is set to start shooting later this year.

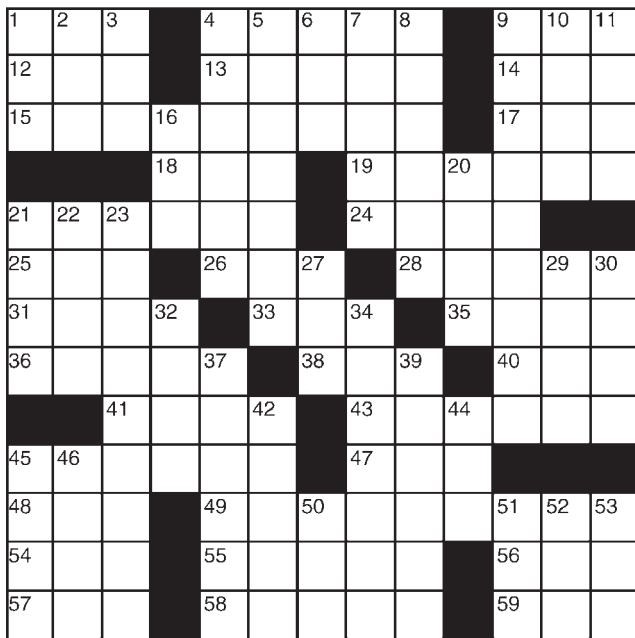
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For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



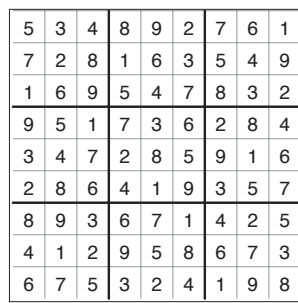
## Crossword across

- 1 Exercise in the park  
4 Duel tool  
9 Method  
12 Actress Gardner  
13 "..., excavating for —"  
14 A Gershwin brother  
15 Potbelly  
17 Fresh  
18 Pub order  
19 Greek islander  
21 Moves on momentum  
24 Loathe  
25 Melody  
26 Conk out  
28 Sounds contented  
31 Church furniture  
33 Pompous sort
- 35 Golfer Aoki  
36 Wields scissors  
38 Snapshot  
40 Old French coin  
41 Memorandum  
43 Second of two  
45 Inn  
47 Historic period  
48 "That tastes awful!"  
49 Wisconsin lake  
54 Bikini half  
55 Draw out  
56 Prune  
57 Stitch  
58 Discourage  
59 "Monty Python" opener

## Crossword down

- 1 Pugilist's shot  
2 Eggs  
3 Festive  
4 Went like Columbus  
5 Serious forgetfulness  
6 Auction action  
7 Tennyson's "— Arden"  
8 Swathe anew  
9 Maxwell Anderson play  
10 Neighborhood  
11 Show boredom  
16 Bankroll  
20 Needle case  
21 Spaces  
22 Collateral option  
23 "Rich Man, Poor Man"
- author  
27 Kreskin's claim  
29 Track competition  
30 Acerbic  
32 Dalmatian feature  
34 Librarian's request  
37 Intoxicated  
39 Life's work  
42 Skip a phoneme  
44 Bill  
45 Centers  
46 Shrek is one  
50 Enthusiast  
51 Foreman foe  
52 Understood  
53 Harvest goddess

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

## SUDOKU SOLVE TIME:

Under 13 min .....Genius  
13-17 min.....Scholar

17-21 min .....Smart  
21-25 min .....Not bad  
25+ min.....Keep practising

## Metro Recipe of the Day



## Arroz con Pollo

## INGREDIENTS:

3 lbs (1.5 kg) chicken breasts, thighs and drumsticks  
Nonstick cooking spray  
1 tbsp (15 ml) vegetable oil  
1 cup (250 ml) uncooked long-grain white rice  
2 cloves garlic, minced  
2 cups low-sodium chicken broth  
1 can (14 oz/392 g) low-sodium tomatoes, undrained and cut up  
1 large green pepper, chopped  
1/2 cup (125 ml) chopped cooked lower-sodium ham  
3/4 tsp (4 ml) hot red pepper sauce  
1/4 tsp (1 ml) salt  
1/4 cup (50 ml) sliced black olives

## METHOD:

1. Remove and discard chicken skin. Rinse chicken; drain and pat dry. Coat Dutch oven with cooking spray. Add oil and heat

over moderately high heat. Brown chicken in hot oil 10 minutes or until golden, turning occasionally. Remove chicken from Dutch oven. Add rice and garlic to Dutch oven. Cook and stir over moderate heat for 5 minutes or until rice just starts to brown.  
2. Stir chicken broth, tomatoes, green pepper, ham, pepper sauce and salt into Dutch oven. Return chicken to Dutch oven. Bring to boil. Lower heat and simmer, covered, about 30 minutes or until chicken is cooked through and rice is tender. Stir in olives; heat through.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Horoscopes

## AVATAR VENUS

## ARIES

MARCH 21-APRIL 20



A bully will force a cancellation. You'll forget all about a bad moment. Something wonderful will happen before you know it.

## LIBRA

SEPT 23-OCT 23



Look for a pattern within the pandemonium. A weak-willed boy will go home. You'll hear a sad tale about cheating.

## TAURUS

APRIL 21-MAY 21



A message appears from nowhere. Give someone another chance to make you happy. Forgive yourself for having second thoughts.

## SCORPIO

OCT 24-NOV 22



A glitch causes irritability to flare up. A friend's information will be of importance. Your self-esteem is about to be increased.

## GEMINI

MAY 22-JUNE 21



Someone's words will replay in your mind. Relatives will have temper tantrums. Make a difference by giving an understandable message.

## SAGITTARIUS

NOV 23-DEC 21



Be tough as nails with boring people. A friend will explain about a break-up. Jumping to conclusions throws you off-balance.

## CANCER

JUNE 22-JULY 22



A misunderstanding can cause a break-up. Hearsay should be ignored in an unfair situation. A disturbing puzzle keeps you on your feet.

## CAPRICORN

DEC 22-JAN 20



Give someone a reason to avoid a difficult situation. A friend is sad about a revelation. A man lets go of a careless style.

## LEO

JULY 23-AUG 23



A girl is secretly hoarding stuff. Be cautious about giving advice to anyone. Remember to keep smiling, no matter what happens.

## AQUARIUS

JAN 21-FEB 18



Take the easy way out for a while. Make comments to help change a woman's mind. Get satisfaction from a new friendship.

## VIRGO

AUG 24-SEPT 22



An adventure will cause distress. Focus on what you can do to find happiness. Go out of your way to avoid cranky people.

## PISCES

FEB 19-MARCH 20



An irresistible woman will go too far. Don't be your own worst enemy. Opportunities will crop up between friends.

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## WORDY GURDY®

BY TRICKY RICKY KANE

1. Cat-o'-nine-tails broken-off piece (1)
2. Millionaire's boat on-land parking site (1)
3. Chew on a noontime meal (1)
4. Fashionably nostalgic Paris subway (2)
5. Mental picture of a practice game (2)
6. More stressed network bleeper (2)
7. Actress Uma's white-coated weasels (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

ANSWERS  
1. SHIP CHIP 2. YACHT LOT 3. MUNCH LUNCH 4. RETRO METRO  
5. SCRIMP IMAGE 6. TENSER CENSOR 7. THURMANS ERMINES  
1-26-09



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